

BREAKFAST at QUITMAN JH/HS

SEPTEMBER 2023

	Monday	Tuesday	Wednesday	Thursday	Big Breakfast Friday
Fresh Fruits and Veggies from Local Farmers					Eggstravaganza 1 Sausage Patty Cinnamon Toast Nutra Grain Bar Yogurt Cup Assorted Cereal Bowl
Daily Variety Options of Fresh and Canned Fruit	⁴ NO SCHOOL LABOR DAY	⁵ NO SCHOOL Staff Development Day JH Open house	Breakfast Muffin 6 Pop Tart Yogurt Cup Assorted Cereal Bowl	Pigs in the Blanket 7 Oatmeal Bar Yogurt Cup Assorted Cereal Bowl	8 Cheese Omelet Sausage Patty Biscuit Nutra Grain Bar Yogurt Cup Assorted Cereal Bowl
Milk Variety Includes: Fat Free Flavored Milk and 1% White Milk	Pancake on stick 11 Graham Bites Yogurt Cup Assorted Cereal Bowl	Chicken Biscuit 12 Cereal Bar Yogurt Cup Assorted Cereal Bowl	Mini Waffles 13 Pop Tart Yogurt Cup Assorted Cereal Bowl	Breakfast Sandwich 14 Oatmeal Bar Yogurt Cup Assorted Cereal Bowl	15 Eggstravaganza Sausage Patty Cinnamon Toast Nutra Grain Bar Yogurt Cup Assorted Cereal Bowl
Fruit Juice Variety offered with Breakfast	Chicken Waffle Bites 18 Graham Bites Yogurt Cup Assorted Cereal Bowl	Breakfast Pizza 19 Cereal Bar Yogurt Cup Assorted Cereal Bowl	Mini Donuts 20 Pop Tart Yogurt Cup Assorted Cereal Bowl	Breakfast Scone 21 Oatmeal Bar Yogurt Cup Assorted Cereal Bowl	22 Cheese Omelet Sausage Patty Biscuit Nutra Grain Bar Yogurt Cup Assorted Cereal Bowl
	Apple Frudel or 25 Chocolate Filled Crescent Graham Bites Yogurt Cup Assorted Cereal Bowl	Pancake on Stick 26 Cereal Bar Yogurt Cup Assorted Cereal Bowl	French Toast Sticks 27 Pop Tart Yogurt Cup Assorted Cereal Bowl	Pancakes 28 Oatmeal Bar Yogurt Cup Assorted Cereal Bowl	29 Eggstravaganza Sausage Patty Cinnamon Toast Nutra Grain Bar Yogurt Cup Assorted Cereal Bowl