

ZCSD SEPTEMBER 2021-BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
		01	02	03
Students <i>MUST</i> select 3-5 of the following Items: Choice of 1-2 Grains * Choice of 1-2 Fruits** Choice of Milk	* may include 1 meat as substitute grain ** 1 juice allowed	HURRICANE IDA – NO SCHOOL		
06	07	08	09	10
LABOR DAY	Breakfast Muffin Yogurt Fruit and Juice Milk Choice	Pancakes Fruit and Juice Milk Choice	French Toast Sausage Pattie Fruit and Juice Milk Choice	Oatmeal Biscuit Fruit and Juice Milk Choice
13	14	15	16	17
Pancake Pups Fruit and Juice Milk Choice	Breakfast Pizza Fruit and Juice Milk Choice	Waffles Hashbrowns Fruit and Juice Milk Choice	Breakfast Sandwich Fruit and Juice Milk Choice	Eggstravaganza Biscuit Stick Fruit and Juice Milk Choice
20	21	22	23	24
Breakfast Texas Toast Fruit and Juice Milk Choice	Breakfast Flatbread Fruit and Juice Milk Choice	Cheese Toast Grits Fruit and Juice Milk Choice	Mini Pancakes Fruit and Juice Milk Choice	Glazed Donut Sausage Pattie Fruit and Juice Milk Choice
27	28	29	30	
Egg & Cheese Omelet Toast Fruit and Juice Milk Choice	French Toast Sausage Pattie Fruit and Juice Milk Choice	Pancakes Fruit and Juice Milk Choice	Breakfast Muffin Yogurt Fruit and Juice Milk Choice	Whole Grain Cereal choice offered daily Milk choices offered daily

For a complete breakfast: Students must choose a least $\frac{1}{2}$ cup of fruit or juice

*****MENU SUBJECT TO CHANGE*****

*****MILK CHOICE OFFERED DAILY*****

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