

September 2017

Four Rivers Charter

BREAKFAST



Assorted cereals, milk, and fresh fruit are always available during breakfast. Entrée options will vary.



Nutrition Tip: Students who participate in school breakfast show improved attendance, behavior, and standardized achievement test scores as well as decreased tardiness. By eating breakfast every morning, you are able to be more focused and productive until it's time to refuel at lunch.



Monday

Tuesday

Wednesday

Thursday

Friday



Assorted Cereals & Milk **30**
 Fresh Fruit
 Breakfast Bar
 Chilled Juice

Assorted Cereal **31**
 Whole Grain Chocolate Chip Muffin
 Fresh Fruit
 Chilled Juice
 Milk

Assorted Cereal **1**
 Bagel w/ Cream Cheese
 Assorted Fruit
 Chilled Juice
 Milk

No School **4**

Hot Breakfast Sandwich **5**
 Assorted Cereals & Milk
 Fresh Fruit
 Breakfast Bar
 Chilled Juice

Assorted Cereal **6**
 Maple Burst Pancakes
 Assorted Fruit
 Chilled Juice
 Milk

Assorted Cereal **7**
 Whole Grain Blueberry Muffin
 Fresh Fruit
 Chilled Juice
 Milk

Assorted Cereal **8**
 Sweet Potato Cinnamon Roll
 Fresh Fruit
 Chilled Juice
 Milk

Assorted Cereal **11**
 'Ubr' Energy Bar
 Fresh Banana
 Chilled Juice
 Milk

Assorted Cereal **12**
 Whole Grain Chocolate Chip Muffin
 Fresh Fruit
 Chilled Juice
 Milk

Hot Breakfast Sandwich **13**
 Assorted Cereals & Milk
 Fresh Fruit
 Breakfast Bar
 Chilled Juice

Assorted Cereal **14**
 Cinnamon Swirl French Toast
 Assorted Fruit
 Chilled Juice
 Milk

Assorted Cereal **15**
 Hot Egg & Cheese Sandwich
 Assorted Fruit
 Chilled Juice
 Milk

Assorted Cereal **18**
 Bagel w/ Cream Cheese
 Assorted Fruit
 Chilled Juice
 Milk

Hot Breakfast Sandwich **19**
 Assorted Cereals & Milk
 Fresh Fruit
 Breakfast Bar
 Chilled Juice

Assorted Cereal **20**
 Whole Grain Muffin
 Fresh Fruit
 Chilled Juice
 Milk

Assorted Cereal **21**
 Mini Blueberry Pancakes
 Assorted Fruit
 Chilled Juice
 Milk

Assorted Cereal **22**
 Sweet Potato Cinnamon Roll
 Assorted Fruit
 Chilled Juice
 Milk

Hot Breakfast Sandwich **25**
 Assorted Cereals & Milk
 Fresh Fruit
 Breakfast Bar
 Chilled Juice

Assorted Cereal **26**
 Bagel w/ Cream Cheese
 Assorted Fruit
 Chilled Juice
 Milk

Assorted Cereal **27**
 Maple Burst Pancakes
 Assorted Fruit
 Chilled Juice
 Milk

Assorted Cereal **28**
 Whole Grain Muffin
 Fresh Fruit
 Chilled Juice
 Milk

Assorted Cereal **29**
 Hot Egg & Cheese Sandwich
 Assorted Fruit
 Chilled Juice
 Milk