

# September 2023

## Springs Valley JR/SR High Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday		
<p>Local Ingredients!!</p> <p>We are committed to providing safe and nutritious food!</p> <p>Menus are subject to change.</p> <p>All meals <u>MUST</u> include choice of fruits and/or vegetables and may include 1% Low-Fat Milk</p>			30		1	<p>Served Daily</p> <p>Hot Entrees</p> <p>Mini Donuts</p> <p>Breakfast Bars</p> <p>Muffin Bread</p> <p>Poptarts</p> <p>Cereals</p> <p>Yogurt</p> <p>String Cheese</p> <p>Grahams</p> <p>Fresh Fruit</p> <p>Fruit Cups</p> <p>4oz Juices</p> <p>8oz Milks</p>	
					1		Chicken Biscuit
							Apple Slices
							Diced Peaches
	4 No School	5	6	7	8		Chicken Biscuit
		Breakfast Pizza	Sausage Biscuit	Pancake on Stick			
		Mini Cinnamon Rolls		Strawberry Smoothie			
		Whole Banana	Orange Wedges	Whole Banana	Apple Slices		
	Applesauce	Diced Pears	Applesauce	Diced Peaches			
11	12	13	14	15	Chicken Biscuit		
Cinnamon Sugar Donut	Breakfast Pizza	Sausage Biscuit	Pancake on Stick				
	Mini Cinnamon Rolls		Yogurt Banana Split				
Apple Slices	Whole Banana	Orange Wedges	Whole Banana	Apple Slices			
Diced Peaches	Applesauce	Diced Pears	Applesauce	Diced Peaches			
18	19	20	21	22	Chicken Biscuit		
Glazed Donut	Breakfast Pizza	Sausage Biscuit	Pancake on Stick				
	Mini Cinnamon Rolls		Mixed Berry Smoothie				
Apple Slices	Whole Banana	Orange Wedges	Whole Banana	Apple Slices			
Diced Peaches	Applesauce	Diced Pears	Applesauce	Diced Peaches			
25	26	27	28	29	Chicken Biscuit		
Cinnamon Sugar Donut	Breakfast Pizza	Sausage Biscuit	Pancake on Stick				
	Mini Cinnamon Rolls		Yogurt Banana Split				
Apple Slices	Whole Banana	Orange Wedges	Whole Banana	Apple Slices			
Diced Peaches	Applesauce	Diced Pears	Applesauce	Diced Peaches			

This institution is an equal opportunity provider.

