


Essex High Breakfast Menu SEPTEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
 3	4 French Toast Sticks Uncrustable Cereal Bar w/String Cheese Smoothies w/Graham Crackers Fresh Fruit or Fruit Cup Fruit Juice and Milk	5 Sausage Pancake Wrap Cinnamon Roll Muffin w/Yogurt Fresh Fruit or Fruit Cup Fruit Juice and Milk	6 Breakfast Taco Poptarts Cereal Bar w/String Cheese Smoothies w/Graham Crackers Fresh Fruit or Fruit Cup Fruit Juice and Milk	7 Sausage Biscuit Sliders or Bagel w/Cream Cheese Cereal w/Graham Crackers Fresh Fruit or Fruit Cup Fruit Juice and Milk
10 Breakfast Pizza Jelly Croissant Cereal w/Graham Crackers Fresh Fruit or Fruit Cup Fruit Juice and Milk	11 French Toast Sticks Breakfast Cookie Cereal Bar w/String Cheese Smoothies w/Graham Crackers Fresh Fruit or Fruit Cup Fruit Juice and Milk	12 Sausage Pancake Wrap Cinnamon Roll Muffin w/Yogurt Fresh Fruit or Fruit Cup Fruit Juice and Milk	13 Ham Egg & Cheese Croissant Poptarts Cereal Bar w/String Cheese Smoothies w/Graham Crackers Fresh Fruit or Fruit Cup Fruit Juice and Milk	14 Chicken Biscuit Bagel w/Cream Cheese Cereal w/Graham Crackers Fresh Fruit or Fruit Cup Fruit Juice and Milk
17 Breakfast Pizza Apple Frudel Cereal w/Graham Crackers Fresh Fruit or Fruit Cup Fruit Juice and Milk	18 French Toast Sticks Uncrustable Cereal Bar w/String Cheese Smoothies w/Graham Crackers Fresh Fruit or Fruit Cup Fruit Juice and Milk	19 Sausage Pancake Wrap Cinnamon Roll Muffin w/Yogurt Fresh Fruit or Fruit Cup Fruit Juice and Milk	20 Breakfast Taco Poptarts Cereal Bar w/String Cheese Smoothies w/Graham Crackers Fresh Fruit or Fruit Cup Fruit Juice and Milk	21 Sausage Biscuit Sliders Bagel w/Cream Cheese Cereal w/Graham Crackers Fresh Fruit or Fruit Cup Fruit Juice and Milk
24 Breakfast Pizza Jelly Croissant Cereal w/Graham Crackers Fresh Fruit or Fruit Cup Fruit Juice and Milk	25 French Toast Sticks Breakfast Cookie Cereal Bar w/String Cheese Smoothies w/Graham Crackers Fresh Fruit or Fruit Cup Fruit Juice and Milk	26 Sausage Pancake Wrap Cinnamon Roll Muffin w/Yogurt Fresh Fruit or Fruit Cup Fruit Juice and Milk	27 Ham Egg & Cheese Croissant Poptarts Cereal Bar w/String Cheese Smoothies w/Graham Crackers Fresh Fruit or Fruit Cup Fruit Juice and Milk	28 Chicken Biscuit Bagel w/Cream Cheese Cereal w/Graham Crackers Fresh Fruit or Fruit Cup Fruit Juice and Milk

This institution is an equal opportunity provider.

*Menu subject to change due to availability