

PVC Breakfast

September 2021

Daily Beverage Options:

- Cream-O-Land Milk
 - 1% Milk
 - 1% Chocolate Milk
- Lactose Friendly Milk
- Daily assortment of Fruit Juice

30
School Closed

31
School Closed

1
Scrambled Eggs
or
Cinnamon Raisin Bagel
or
Yogurt Parfait Bar

Fresh Banana, Fresh Apple
Orange Juice

2
Mini Pancake w/Syrup
or
Plain Bagel
or
Yogurt Parfait Bar

Fresh Banana, Fresh
Orange
Apple Juice

3
Breakfast Pizza
or
Cinnamon Raisin Bagel
or
Yogurt Parfait Bar

Fresh Apple, Fresh Orange
Fruit Punch

6
School Closed

7
School Closed

8
School Closed

9
Ham, Egg & Cheese
Sandwich
or
Blueberry Bagel
or
Yogurt Parfait Bar

Fresh Orange, Banana
Apple Juice

10
Breakfast Pizza
Blueberry Bagel
Yogurt Parfait Bar

Apple, Orange, Banana,
Fresh Strawberries, Diced
Pears, Orange Juice

Check out our daily options!

- WG Pop Tarts,
- WG Cold Cereal,
- Doughnuts
- Coffee

13
French Toast w/Syrup
Or
Blueberry Bagel

Yogurt Parfait Bar

Apple, Banana
Orange Juice

14
Egg & Cheese Sandwich
or
Sesame Seed Bagel
or
Yogurt Parfait Bar

Fresh Orange, Banana
Apple Juice

15
Mini Pancakes w/ Syrup
or
Cinnamon Raisin Bagel
or
Yogurt Parfait Bar

Fresh Apple, Fresh Orange
Fruit Punch

16
School Closed

17
Breakfast Pizza
or
Plain Bagel
or
Yogurt Parfait Bar

Fresh Apple, Fresh Orange
Fruit Punch

18
Scrambled Eggs
or
Plain Bagel
or
Yogurt Parfait Bar

Fresh Apple, Banana,
Fruit Punch

21
Ham, Egg & Cheese
Sandwich
or
Blueberry Bagel
or
Yogurt Parfait Bar

Fresh Orange, Banana
Apple Juice

22
Scrambled Eggs
or
Cinnamon Raisin Bagel
or
Yogurt Parfait Bar

Fresh Banana, Fresh Apple
Orange Juice

23
Egg & Cheese Sandwich
or
Sesame Seed Bagel
or
Yogurt Parfait Bar

Fresh Orange, Banana
Apple Juice

24
Breakfast Pizza
or
Plain Bagel
or
Yogurt Parfait Bar

Fresh Apple, Fresh Orange
Fruit Punch

Ask us about our specialty diet options:

- Gluten Friendly Bread
- Chex Cereal
- Vegetarian Salad
-

Protein Index: The indicators below will help identify proteins, if not named in the menu item

Pork Items= (P) Chicken = (C)
Turkey= (T) Beef= (B)

27
French Toast Sticks
w/Syrup or
Sesame Seed Bagel
or
Yogurt Parfait Bar

Fresh Apple, Fresh Orange
Orange Juice

28
Bacon, Egg & Cheese
Sandwich
or
Sesame Seed Bagel
or
Yogurt Parfait Bar

Fresh Orange, Banana
Apple Juice

29
Waffle w/ Syrup
or
Cinnamon Raisin Bagel
or
Yogurt Parfait Bar

Orange, Banana
Fruit Punch

30
Ham, Egg & Cheese
Sandwich
or
Blueberry Bagel
or
Yogurt Parfait Bar

Fresh Orange, Banana
Apple Juice

1
Breakfast Pizza
or
Cinnamon Raisin Bagel
or
Yogurt Parfait Bar

Fresh Apple, Fresh Banana
Orange Juice



This institution is an equal opportunity provider.