

# SEPTEMBER

Breakfast



## HERITAGE ACADEMY SAN ANTONIO

Monday	Tuesday	Wednesday	Thursday	Friday
<b>September 2, 2019</b>	<b>September 3, 2019</b>	<b>September 4, 2019</b>	<b>September 5, 2019</b>	<b>September 6, 2019</b>
NO SCHOOL	FRUITY CHEERIOS ^ Animal Grahams ^ Craisins Apple-Cranberry Juice Choice of Milk	FROSTED CORN FLAKES ^ Vanilla Waffle Square ^ Fresh Apple Choice of Milk	FRENCH TOAST STICKS ^ Fresh Banana Orange Juice Syrup Choice of Milk	PEACH MINI LOAF ^ Mozzarella Cheese Stick Fresh Apple Choice of Milk
<b>September 9, 2019</b>	<b>September 10, 2019</b>	<b>September 11, 2019</b>	<b>September 12, 2019</b>	<b>September 13, 2019</b>
GOLDEN GRAHAM CEREAL ^ French Toast Breakfast Square ^ Craisins Blended Fruit Juice Choice of Milk	PANCAKES ^ Orange Juice Diced Peaches Syrup Choice of Milk	Mozzarella Cheese Stick Chocolate Chip Mini Loaf ^ Fresh Apple Choice of Milk	BREAKFAST BURRITO ^ Fresh Banana Applesauce Cup Taco Sauce Choice of Milk	APPLE CINNAMON CHEERIOS ^ Maple Breakfast Square ^ Fresh Apple Choice of Milk
<b>September 16, 2019</b>	<b>September 17, 2019</b>	<b>September 18, 2019</b>	<b>September 19, 2019</b>	<b>September 20, 2019</b>
TRIX ^ Strawberry Pancake Square ^ Craisins Grape Juice Choice of Milk	CHICKEN BISCUIT ^ Mixed Fruit Cup Blended Fruit Juice Honey Choice of Milk	BLUEBERRY MUFFIN ^ Mozzarella Cheese Stick Fresh Apple Choice of Milk	WAFFLES ^ Fresh Banana Orange Juice Syrup Choice of Milk	Fresh Apple Choice of Milk CORN CHEX ^ Vanilla Waffle Square ^
<b>September 23, 2019</b>	<b>September 24, 2019</b>	<b>September 25, 2019</b>	<b>September 26, 2019</b>	<b>September 27, 2019</b>
COCOA PUFFS ^ Graham Crackers ^ Craisins Orange Juice Choice of Milk	STRAWBERRY PANCAKES ^ Diced Pears Apple-Cranberry Juice Syrup Choice of Milk	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple Choice of Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Choice of Milk	Mozzarella Cheese Stick Peach Mini Loaf ^ Fresh Apple Choice of Milk
<b>September 30, 2019</b>	<b>October 1, 2019</b>	<b>October 2, 2019</b>	<b>October 3, 2019</b>	<b>October 4, 2019</b>
APPLE CINNAMON CHEERIOS ^ Vanilla Waffle Square Craisins Grape Juice Choice of Milk				

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. \*\* MENU SUBJECT TO CHANGE \*\*

^ Denotes item is whole-grain/whole wheat

\*\*\* This institution is an equal opportunity provider.

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