

# SEPTEMBER BREAKFAST



## HERITAGE ACADEMY SAN ANTONIO

Monday	Tuesday	Wednesday	Thursday	Friday
August 31, 2020	September 1, 2020	September 2, 2020	September 3, 2020	September 4, 2020
	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ Pineapple Tidbits Grape Juice Assorted Jelly Choice of Milk	RICE KRISPIES ^ Graham Crackers ^ Fresh Apple Choice of Milk	PILLSBURY GRAPE CRESCENT ^ Fresh Banana Blended Fruit Juice Choice of Milk	Blueberry Mini Muffin ^ Mozzarella Cheese Stick Fresh Apple Choice of Milk
September 7, 2020	September 8, 2020	September 9, 2020	September 10, 2020	September 11, 2020
	CHEESY TEX MEX EGG SCRAMBLE Applesauce Cup Orange Juice Cornbread ^ Choice of Milk	MOZZARELLA CHEESE STICK Cherry Breakfast Bar ^ Fresh Apple Choice of Milk	CHICKEN BISCUIT ^ Fresh Banana Grape Juice Honey Choice of Milk	FROSTED FLAKES ^ Vanilla Waffle Square ^ Fresh Apple Choice of Milk
September 14, 2020	September 15, 2020	September 16, 2020	September 17, 2020	September 18, 2020
RICE KRISPIES ^ Vanilla Goldfish Grahams Craisins Apple-Cranberry Juice Choice of Milk	BEEF SAUSAGE SLIDER ^ Diced Peaches Blended Fruit Juice Assorted Jelly Choice of Milk	Banana Mini Muffin ^ Mozzarella Cheese Stick Fresh Apple Choice of Milk	PANCAKES ^ Fresh Banana Orange Juice Syrup Choice of Milk	Strawberry Yogurt Granola ^ Fresh Apple Choice of Milk
September 21, 2020	September 22, 2020	September 23, 2020	September 24, 2020	September 25, 2020
APPLE JACKS ^ Graham Crackers ^ Craisins Orange Juice Choice of Milk MEALTIME 5 DAY PACK	WAFFLES ^ Mixed Fruit Cup Apple-Cranberry Juice Syrup Choice of Milk	FROSTED FLAKES ^ Maple Breakfast Square ^ Fresh Apple Choice of Milk	EGG & CHEESE ON ENGLISH MUFFIN ^ Fresh Banana Blended Fruit Juice Assorted Jelly Choice of Milk	MOZZARELLA CHEESE STICK Cherry Breakfast Bar ^ Fresh Apple Choice of Milk
September 28, 2020	September 29, 2020	September 30, 2020	October 1, 2020	October 2, 2020
CINNAMON FLAKES ^ Vanilla Waffle Square Craisins Grape Juice Choice of Milk	BREAKFAST BURRITO ^ Diced Pears Orange Juice Taco Sauce Choice of Milk	Double Chocolate Mini Muffin ^ Mozzarella Cheese Stick Fresh Apple 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.

Find your school's menus online at: [preferredmealsmenu.com](http://preferredmealsmenu.com)

