



**SEPTEMBER 2021
MIDDLE/HIGH SCHOOL
BREAKFAST MENU**

Janet L. Gaffney, MS RD LDN
Food Service Director



Monday	Tuesday	Wednesday	Thursday	Friday
		Citrus Blast Blueberry or Banana Muffin Betty Crocker Bar Milk	Diced Pears Croissant & Butter or Jelly Goldfish Grahams Milk	Breakfast Kits (Includes 2 Grains & 100% Juice) Milk
		1	2	3
LABOR DAY NO SCHOOL	100% Punch Juice Assorted Grahams Coco-Cherry Bar Milk	Berry Applesauce Cup Lemon or Cinnamon Burst Bread Cook's Choice of 2nd Grain Milk	Blue Raz Juice Cherry Vanilla Yogurt Donut Holes Milk	Breakfast Kits (Includes 2 Grains & 100% Juice) Milk
6	7	8	9	10
Apple Juice Cherry Frudel Muffin Tops Milk	Punch Juice Apple Slices Cinnamon Roll Yogurt Milk	Grape Juice Fruity Muffin Hard Cooked Egg Milk	Citrus Blast Applesauce Cup - Peach or Cinnamon Prewrapped Bagel w/Cream Cheese Milk	Breakfast Kits (Includes 2 Grains & 100% Juice) Milk
13	14	15	16	17
WG Poptart Assorted Juice Cinnamon Grahams Milk	Fresh Apple Fruity Yogurt WG Benefit Bar Milk	Orange Juice Blueberry Mini Bites Mozz String Cheese Milk	Fresh Banana Quaker Granola Bar Goldfish Grahams Milk	Breakfast Kits (Includes 2 Grains & 100% Juice) Milk
20	21	22	23	24
Punch Juice Goody Ring WG Donut Nutri Grain Bar Milk	Amazin Raisins Choc or Fruity Muffin Goldfish Grahams Milk	Apple Juice Team Cereal Bar Choice of 2nd Grain Milk	Craisins Struesal Muffin Cake Upstate Yogurt Milk	LOOKING FOR A LITTLE EXTRA CASH FLEXIBLE HOURS? Various part-time Food Service Opportuni- ties available this school year. Com- plete application at www.ambridge.k12.pa.us Apply For All Clearances Act 34,151, 114 Email concerns:jgaffney@ambridge.k12.pa.us
27	28	29	30	*AASD is an equal opportunity provider