

POSITIVE EDUCATION PROGRAM
K-12 BREAKFAST MENU
SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO SCHOOL	2	3	4	5
LABOR DAY 	CINNAMON BUN 1/2 C MANDARIN ORANGES 1/2 C GRAPE JUICE MILK	TURKEY SAUSAGE PANCAKE WRAP SYRUP 1/2 C PEACHES 1/2 C GRAPE JUICE MILK	DONUT FRESH APPLE 1/2 C APPLE JUICE MILK	GOLDEN GRAHAMS CEREAL 1/2 C PINEAPPLES 1/2 C ORANGE JUICE MILK
8	9	10	11	12
BIRTHDAY CAKE BAR 1/2 C PEARS 1/2 C APPLE JUICE MILK	CHOCOLATE MUFFIN MANDARIN ORANGES 1/2 C GRAPE JUICE MILK	BLUEBERRY BASH WAFFLE 1/2 C PEACHES 1/2 C GRAPE JUICE SYRUP MILK	BANANA CHOCOLATE BAR FRESH APPLE 1/2 C APPLE JUICE MILK	COCOA PUFF CEREAL 1/2 C PINEAPPLES 1/2 C ORANGE JUICE MILK
15	16	17	18	19
BANANA MUFFIN 1/2 C PEARS 1/2 C APPLE JUICE MILK	CINNAMON BUN 1/2 C MANDARIN ORANGES 1/2 C GRAPE JUICE MILK	TURKEY SAUSAGE PANCAKE WRAP 1/2 C PEACHES 1/2 C GRAPE JUICE MILK	DONUT FRESH APPLE 1/2 C APPLE JUICE MILK	NO SCHOOL
22	23	24	25	26
BIRTHDAY CAKE BAR 1/2 C PEARS 1/2 C APPLE JUICE MILK	CHOCOLATE MUFFIN MANDARIN ORANGES 1/2 C GRAPE JUICE MILK	BLUEBERRY BASH WAFFLE 1/2 C PEACHES 1/2 C GRAPE JUICE SYRUP MILK	BANANA CHOCOLATE BAR FRESH APPLE 1/2 C APPLE JUICE MILK	COCOA PUFF CEREAL 1/2 C PINEAPPLES 1/2 C ORANGE JUICE MILK
29	30			
BANANA MUFFIN 1/2 C PEARS 1/2 C APPLE JUICE MILK	CINNAMON BUN 1/2 C MANDARIN ORANGES 1/2 C GRAPE JUICE MILK			

SERVING SIZES:
2 OZ. OF WHOLE GRAIN, 1/2 C FRUIT AND JUICE, 8OZ. SKIM OR 1% MILK
CALORIES NOT TO EXCEED 500, SATURATED FAT NOT TO EXCEED 10% OF TOTAL CALORIES PER WEEK