

# SEPTEMBER 2022

## K-6 BREAKFAST

Monday

Tuesday

Wednesday

Thursday

Friday

### NOW HIRING CHILD NUTRITION EMPLOYEES!

Looking for smiling faces to join our positive environment and award winning team in the Provo City School District Child Nutrition Department. **NO EVENINGS, HOLIDAYS OR WEEKENDS!** Apply online today at: <https://provo.applicantportal.com/search.php>

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



<p>5</p> <p><b>Labor Day</b></p> <p><b>NO SCHOOL</b></p>	<p>6</p> <p>FRENCH TOAST STICKS Syrup Cup Cereal, Variety Oatmeal, Variety Wheat Toast Jelly, Assorted Cups Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk</p>	<p>7</p> <p>WHOLE GRAIN WAFFLES Syrup Cup Cereal, Variety Oatmeal, Variety Wheat Raisin Toast Jelly, Assorted Cups Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk</p>	<p>8</p> <p>BREAKFAST BOWL Ketchup, Individual Cup Salsa Cereal, Variety Oatmeal, Variety Homemade Muffin, Chocolate Chip Homemade Muffin, Plain Homemade Muffin, Blueberry Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk</p>	<p>9</p> <p>SAUSAGE &amp; PANCAKE BITES* Syrup Cup Cereal, Variety Oatmeal, Variety Whole Wheat English Muffin Jelly, Assorted Cups Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk</p>
<p>12</p> <p>WHOLE WHEAT PANCAKES Syrup Cup Cereal, Variety Oatmeal, Variety Wheat Toast Jelly, Assorted Cups Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk</p>	<p>13</p> <p>EGGS &amp; HASHBROWN Ketchup, Individual Cup Whole Grain Cinnamon Roll Cereal, Variety Oatmeal, Variety Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk</p>	<p>14</p> <p>BISCUITS &amp; GRAVY Cereal, Variety Oatmeal, Variety Wheat Raisin Toast Jelly, Assorted Cups Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk</p>	<p>15</p> <p>BREAKFAST BURRITO Salsa Cereal, Variety Oatmeal, Variety Homemade Muffin, Chocolate Chip Homemade Muffin, Plain Homemade Muffin, Blueberry Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk</p>	<p>16</p> <p>WHOLE GRAIN WAFFLE STICKS Syrup Cup Cereal, Variety Oatmeal, Variety Whole Wheat English Muffin Jelly, Assorted Cups Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk</p>
<p>19</p> <p>WHOLE GRAIN DUTCH WAFFLE Syrup Cup Cereal, Variety Oatmeal, Variety Wheat Toast Jelly, Assorted Cups Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk</p>	<p>20</p> <p>EGGS &amp; SAUSAGE PATTY Whole Grain Cinnamon Roll Cereal, Variety Oatmeal, Variety Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk</p>	<p>21</p> <p>YOGURT PARFAIT Cereal, Variety Oatmeal, Variety Wheat Raisin Toast Jelly, Assorted Cups Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk</p>	<p>22</p> <p>HAM &amp; CHEESE BREAKFAST SANDWICH* Ketchup, Individual Cup Cereal, Variety Oatmeal, Variety Homemade Muffin, Blueberry Homemade Muffin, Plain Homemade Muffin, Chocolate Chip Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk</p>	<p>23</p> <p>BREAKFAST PIZZA Cereal, Variety Oatmeal, Variety Whole Wheat English Muffin Jelly, Assorted Cups Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk</p>
<p>26</p> <p>FRENCH TOAST STICKS Syrup Cup Cereal, Variety Oatmeal, Variety Wheat Toast Jelly, Assorted Cups Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk</p>	<p>27</p> <p>BREAKFAST SANDWICH Ketchup, Individual Cup Whole Grain Cinnamon Roll Cereal, Variety Oatmeal, Variety Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk</p>	<p>28</p> <p>WHOLE GRAIN WAFFLES Syrup Cup Cereal, Variety Oatmeal, Variety Wheat Raisin Toast Jelly, Assorted Cups Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk</p>	<p>29</p> <p>BREAKFAST BOWL Ketchup, Individual Cup Salsa Cereal, Variety Oatmeal, Variety Homemade Muffin, Chocolate Chip Homemade Muffin, Plain Homemade Muffin, Blueberry Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk</p>	<p>30</p> <p>SAUSAGE &amp; PANCAKE BITES* Syrup Cup Cereal, Variety Oatmeal, Variety Whole Wheat English Muffin Jelly, Assorted Cups Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk</p>