



Guthrie Public Schools Secondary Breakfast Menu September 2021

Assorted Sides	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Served Daily: Assorted Dry Cereal Canned Fruit Fresh Fruit Orange Juice Apple Juice Assorted Fat Free or Lowfat White and Flavored Milk			1 French Toast Sticks Fruit & Yogurt Smoothie Apple Slices	2 Honey Glazed Chicken Biscuit Chocolate Muffin Banana	3 Cinnamon Roll Fruit & Yogurt Smoothie Applesauce
	6 NO SCHOOL LABOR DAY	7 Pancakes Fruit & Yogurt Parfait Diced Peaches	8 Oatmeal Round Yogurt & Fruit Parfait Banana	9 Breakfast Taco Roll Yogurt & Fruit Parfait Orange Smiles	10 Cinnamon Roll Yogurt & Fruit Parfait Applesauce
	13 Confetti Pancakes Fruit & Yogurt Smoothie Diced Pears	14 Breakfast Pizza Fruit & Yogurt Smoothie Mixed Fruit	15 Banana Muffin Fruit & Yogurt Smoothie Orange Smiles	16 Egg & Cheese Biscuit Fruit & Yogurt Smoothie Banana	17 Oatmeal Round Fruit & Yogurt Smoothie Applesauce
	20 NO SCHOOL	21 Breakfast Pizza Muffin Baked Cinnamon Apples	22 French Toast Sticks Poptart Orange Smiles	23 Biscuit & Sausage Gravy Muffin Diced Peaches	24 Toasted Waffles Yogurt & Fruit Parfait Applesauce
	27 Oatmeal Round Yogurt & Fruit Parfait Diced Pears	28 Pancakes Yogurt & Fruit Parfait Mixed Fruit	29 Biscuit & Sausage Gravy Pop Tart Orange Smiles	30 Tater Tot Burrito Pop Tart Diced Pears	

A meal consists of 3 food groups: Grains, Fruit/ Vegetables and Milk. Students must pick at least 3 items from the 4 items offered from the 3 food groups.

Menu items are subject to change due to availability	Child Nutrition Office 405.282.5952
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