



# Guthrie Secondary Breakfast

# SEP 2022

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**1**  
Whole Wheat Bagel w/ Cream Cheese  
Banana Muffin  
Mixed Berry Parfait  
Apple Slices & Diced Peaches

**2**  
Frudel Bar  
Nutri-Grain Bar  
Mixed Berry Parfait  
Orange Smiles & Blueberries

Assortment of Cereal Offered Daily

**5**  
No School!  
Happy Labor Day!

**6**  
Sausage Biscuit  
Nutri-Grain Bar  
Strawberry Field Parfait  
Bananas & Applesauce

**7**  
Breakfast Pizza  
Poptart  
Strawberry Field Parfait  
Orange Smiles & Strawberries

**8**  
Tater Tot Burrito  
Banana Muffin  
Strawberry Field Parfait  
Apple Slices & Diced Peaches

**9**  
Cinnamon Toast Crunch  
Breakfast Bar  
Nutri-Grain Bar  
Strawberry Field Parfait  
Orange Smiles & Blueberries

Variety of reduced-fat milk offered daily

**12**  
Pancakes  
Blueberry Muffin  
Blueberry Patch Parfait  
Apple Slices & Diced Pears

**13**  
Biscuits & Gravy  
Nutri-Grain Bar  
Blueberry Patch Parfait  
Bananas & Applesauce

**14**  
Pancake Sausage Bites  
Poptart  
Blueberry Patch Parfait  
Orange Smiles & Strawberries

**15**  
American Breakfast Sandwich  
Chocolate Muffin  
Blueberry Patch Parfait  
Apple Slices & Diced Peaches

**16**  
Ultimate Breakfast Round  
Nutri-Grain Bars  
Blueberry Patch Parfait  
Orange Smiles & Blueberries

Local ingredients used when seasonally available

**19**  
No School!

**20**  
Egg & Cheese Biscuit  
Nutri-Grain Bar  
Just Peachy Parfait  
Banana & Applesauce

**21**  
Breakfast Pizza  
Poptart  
Just Peachy Parfait  
Orange Smiles & Strawberries

**22**  
Strawberry Bagel w/ Cream Cheese  
Blueberry Muffin  
Just Peachy Parfait  
Apple Slices & Diced Peaches

**23**  
Sausage Biscuit  
Nutri-Grain Bar  
Just Peachy Parfait  
Orange Smiles & Blueberries

Menu subject to change based on product availability

**26**  
French Toast Sticks  
Chocolate Muffin  
Strawberry Banana Parfait  
Apple Slices & Diced Pears

**27**  
Biscuit & Gravy  
Nutri-Grain Bar  
Strawberry Banana Parfait  
Bananas & Applesauce

**28**  
Breakfast on a Stick  
Poptart  
Strawberry Banana Parfait  
Orange smiles & Strawberries

**29**  
Cinnamon Roll  
Banana Muffin  
Strawberry Banana Parfait  
Apple Slices & Diced Peaches

**30**  
Confetti Pancakes  
Nutri-Grain Bar  
Strawberry Banana Parfait  
Orange Smiles & Blueberries

Make Healthy Choices!

This institution is an equal opportunity provider.