

BREAKFAST

SEPTEMBER 2021

CORINTH ~
UPK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6



7

8

9

Whole Grain Bagel with
Cream Cheese

Diced Peaches

1% White Milk

10

Whole Grain Waffle

Applesauce

1% White Milk

13

Whole Grain Bagel with
Cream Cheese

Fresh Apple Slices

1% White Milk

14

Whole Grain Pancake

Applesauce

1% White Milk

15

Scrambled Eggs with
Whole Grain Toast

Diced Pears

1% White Milk

16

Rice Krispy Cereal

Banana

1% White Milk

17

Whole Grain Toasted
English Muffin with
Peanut Butter

Fresh Apple Slices

1% White Milk

20

Whole Grain Blueberry
Muffin

Fresh Orange Wedges

1% White Milk

21

Whole Grain Waffle

Applesauce

1% White Milk

22

Egg & Cheese on WG
English Muffin

Mixed Fruit

1% White Milk

23

Toasted Oat Cereal

Diced Peaches

1% White Milk

24

Whole Grain French
Toast Sticks

Applesauce

1% White Milk

27

Whole Grain Apple
Cinnamon Muffin

Fresh Apple Slices

1% White Milk

28

Whole Grain Pancake

Fresh Banana

1% White Milk

29

Scrambled Eggs with
Whole Grain Toast

Diced Peaches

1% White Milk

30

Whole Grain Toasted
English Muffin with
Peanut Butter

Applesauce

1% White Milk

