

# RED BANK CHARTER SCHOOL

## September Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Honey nut Cheerios-10z or W/G Corn Chex-10z Fresh Apple-1 W/G Waffle Grahams-2 Milk-8 oz	Vanilla Yogurt-4oz W/G Granola-1oz Honey nut Cheerios-10z Fresh Orange-1 Milk-8oz	Egg & Croissant Turkey Sausage-3 Fresh Banana-1 Milk-8oz	Fruit Smoothies-1 ½ c Peaches-1/2c Strawberry ½ c and Orange Juice W/G Corn Chex-10z W/G Grahaman Crackers-3 Milk-8oz	
9	10	11	12	13
Vanilla Yogurt-4oz	Fruit Smoothies-1 ½ c	Scramble Eggs	W/G French Toast -3	Mixed Fruit-1/2 c Apple and Orange Juice-4oz Honey nut Cheerios-10z W/G Waffle Grahams-2 Milk-8oz
W/G Granola-1oz	Blueberries& Banana-1/2 c	Turkey Sausage-3	Turkey Sausage-3	
W/G Corn Chex-10z	Honey nut Cheerios-10z	W/G Bread Slice-1	Fresh Apple-1	
Fresh Apple-1	W/G Grahaman Crackers-3	Fresh Orange-1	Milk-8oz	
Milk-8oz	Milk-8oz	Milk-8oz		
16	17	18	19	20
Vanilla Yogurt-4oz	Egg & Croissant	W/G Pancakes-3	W/G Waffle	Fruit Smoothies-1 ½ c
W/G Granola-1oz	Turkey Bacon-3	Turkey Sausage-3	Turkey Bacon-3	Apricot-1/2c Banana-1/2c
Honey nut Cheerios-10z	Clementine-1	Fresh Orange-1	Fresh Pear-1	W/G Corn Chex-10z
Fresh Apple-1	Milk-8oz	Milk-8 oz	Milk-8oz	W/G Grahaman Crackers-3
Milk-8oz				Milk-8oz
23	24	25	26	27
Vanilla Yogurt-4oz	Mixed Fruit-1/2 c Apple and Orange Juice-4oz	W/G French Toast -3	Scramble Eggs	Fruit Smoothies-1 ½ c
W/G Granola-1oz	W/G Corn Chex-10z	Turkey Sausage-3	Turkey Bacon-3	Blueberry1/2 Strawberry1/2
W/G Corn Chex-10z	Peaches-1/2c Strawberry	Fresh Apple-1	W/G Bread Slice-1	Apple Juice-4oz
Fresh Apple-1	W/G Grahaman Crackers-3	Milk-8 oz	Milk-8oz	Honey nut Cheerios-10z
Milk-8oz	Milk-8oz			W/G Waffle Grahams-2
30				Milk
Vanilla Yogurt-4oz				
W/G Granola-1oz				
Honey nut Cheerios-10z				
Clementine-1				
Milk-8oz				