


OAKRIDGE UPPER & LOWER ELEMENTARY & EARLY CHILDHOOD CENTER MENU

Breakfast Menu – September 2010

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
6 Labor Day No School	7 Sausage Breakfast Pizza 100 % Fruit Juice 1% Low Fat Milk	8 WG Bagel Half* with Low Fat Cream Cheese Yogurt Cup 100 % Fruit Juice 1% Low Fat Milk	9 WG French Toast Sticks* (3) Petite Banana 1% Low Fat Milk	10 Egg & Cheddar on Whole Wheat English Muffin 100% Fruit Juice 1% Low Fat Milk
13 WG Mini Blueberry Loaf* String Cheese 100 % Fruit Juice 1% Low Fat Milk	14 WG Pancakes* (2) with Syrup Turkey Sausage Links 100% Fruit Juice 1% Low Fat Milk	15 Breakfast Fruit & Yogurt Parfait Honey Graham Crackers 100% Fruit Juice 1% Low Fat Milk	16 WG Bagel Half* with Low Fat Cream Cheese Hard Boiled Egg 100% Fruit Juice 1% Low Fat Milk	17 Mini Maple Pancake Wraps (3) Chilled Applesauce 1% Low Fat Milk
20 WG Ultimate Breakfast Round* Chilled Sliced Peaches 1% Low Fat Milk	21 Sausage Breakfast Pizza 100 % Fruit Juice 1% Low Fat Milk	22 WG Bagel* Half with Low Fat Cream Cheese Yogurt Cup 100 % Fruit Juice 1% Low Fat Milk	23 WG French Toast Sticks* (3) Petite Banana 1% Low Fat Milk	24 Egg & Cheddar on Whole Wheat English Muffin 100% Fruit Juice 1% Low Fat Milk
27 WG Mini Blueberry Loaf* String Cheese 100 % Fruit Juice 1% Low Fat Milk	28 WG Pancakes* (2) with Syrup Turkey Sausage Links 100% Fruit Juice 1% Low Fat Milk	29 Breakfast Fruit & Yogurt Parfait Honey Graham Crackers 100% Fruit Juice 1% Low Fat Milk	30 WG Bagel Half* with Low Fat Cream Cheese Hard Boiled Egg 100% Fruit Juice 1% Low Fat Milk	1 Mini Maple Pancake Wraps (3) Chilled Applesauce 1% Low Fat Milk
4 WG Ultimate Breakfast Round* Chilled Sliced Peaches 1% Low Fat Milk	5 Sausage Breakfast Pizza 100 % Fruit Juice 1% Low Fat Milk	6 WG Bagel* Half with Low Fat Cream Cheese Yogurt Cup 100 % Fruit Juice 1% Low Fat Milk	7 WG French Toast Sticks* (3) Petite Banana 1% Low Fat Milk	8 Egg & Cheddar on Whole Wheat English Muffin 100% Fruit Juice 1% Low Fat Milk
 <p>Menu items with a * are made with whole grain</p>	<p>Milk ½ Pint \$.40 Student Breakfast \$ 1.50 Reduced Breakfast \$.30 Adult Breakfast \$ 2.00</p>	<p>Alternate Breakfast Available Daily Cereal Bowl We offer a variety of kid-friendly cereal choices meeting our nutritional criteria of ≤ 5 grams of sugar OR ≥ 3 grams of fiber per serving AND choice of one: Graham Crackers, Low Fat String Cheese or Low Fat Yogurt Cup.</p>	<p>Assorted 100 % Fruit Juice is offered daily as a second fruit option.</p>	<p>Allergens All menu items may contain: Milk Eggs Fish/Shellfish Peanuts/Tree Nuts Wheat Soy</p>

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Food Service Provided by Chartwells. Menu subject to change without notice. Questions? Please call Kristie Long (231) 788-7321

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