

PENTAB ACADEMY SEPTEMBER BREAKFAST

31 WHOLEGRAIN RICH FLAVORED CEREAL FRESH FRUIT	1 WHOLEGRAIN RICH WAFFLES AND SYRUP WITH A SIDE OF FRESH FRUIT	2 CHEESE PASTRY TEQUENO AND 100% FRUIT JUICE	3 WHOLEGRAIN RICH TURKEY HAM AND CHEESE SANDWICH WITH APPLESAUCE	4 CHEESE EMPANADA AND FRESH FRUIT
7 No School Labor Day	8 WHOLEGRAIN RICH GRAHAM CRACKERS WITH FRESH FRUIT	9 WHOLEGRAIN ROLL HAM AND CHEESE WITH FRESH FRUIT	10 WHOLEGRAIN RICH ENGLISH MUFFIN SAUSAGE PATTY WITH FRESH FRUIT	11 WHOLEGRAIN RICH CORN MUFFIN FRESH FRUIT
14 WHOLE GRAIN RICH FLAVORED CEREAL AND A FRUIT CUP	15 WHOLEGRAIN RICH OAT MUFFIN FRESH FRUIT	16 WHOLEGRAIN RICH FRENCH TOAST WITH SYRUP AND A SIDE OF FRESH FRUIT	17 BAGEL WITH CREAM CHEESE AND A SIDE OF FRESH FRUIT	18 WHOLEGRAIN RICH CORN MUFFIN FRESH FRUIT
21 WHOLE GRAIN RICH FLAVORED CEREAL AND A FRUIT CUP	22 WHOLEGRAIN RICH ANIMAL CRACKERS WITH FRESH FRUIT	23 WHOLEGRAIN RICH PANCAKES AND SYRUP WITH A SIDE OF FRESH FRUIT	24 WHOLEGRAIN RICH ROLL WITH JELLY FRESH FRUIT	25 WHOLEGRAIN RICH CORN MUFFIN FRESH FRUIT
28 WHOLE GRAIN RICH FLAVORED CEREAL AND A FRUIT CUP	29 WHOLEGRAIN RICH GRAHAM CRACKERS WITH FRESH FRUIT	30 WHOLEGRAIN ROLL HAM AND CHEESE WITH FRESH FRUIT	1 WHOLE GRAIN RICH FLAVORED CEREAL AND A FRUIT CUP	2 WHOLEGRAIN RICH CORN MUFFIN FRESH FRUIT

THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER.