

# September 2020

## LaFayette CSD PK-12 Menu

### BREAKFAST



**Milk, Fruit & Juice are available with every breakfast**

WG Muffin available daily



**Nutrition Tip:** September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

No school

1

No School

2

No School

3

No School

4

No School

7

Chocolate Chip Muffin

8

Chocolate Chip Muffin

9

Mini-Pancakes

10

Frudel

11

Banana breakfast bread

14

Bagel w/butter

15

Sausage, Egg & Cheese Breakfast Sandwich

16

Mini-Cinni Rolls

17

Sausage Pancake on a stick

18

Mini-Waffles

21

Sausage B'fast Pizza

22

Blueberry Breakfast Bread

23

Sausage Pancake on a Stick

24

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25

Dutch Waffle

28

Egg & Cheese B'fast Sandwich

29

Sausage Pancake on a Stick

30

