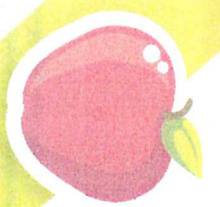


# SEPTEMBER | 2022

## Green Inspiration Academy-Breakfast



MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY

29		30		31	1	2	
5	NO SCHOOL	6	W/G Apple Fruidel Mixed fruit Fat Free Milk	7	W/G Chocolate Chip Muffin Applesauce Fat Free Milk	8	W/G Cocoa Puffs Cereal Bar Peaches Fat Free Milk
12	W/G Cocoa Puffs Cereal Apple Fat Free Milk	13	Turkey Sausage W/G Bagel 100% Orange Juice Fat Free Milk	14	W/G Strawberry Pop Tart Applesauce Fat Free Milk	15	W/G Blueberry Muffin Tropical Fruit Fat Free Milk
19	W/G Assorted Cereal Mixed Fruit Fat Free Milk	20	W/G Waffles Syrup Applesauce Fat Free Milk	21	W/G Chocolate Chip Cereal Bar Banana Fat Free Milk	22	W/G Chocolate Chip Muffin Peaches Fat Free Milk
26	W/G Frosted Flakes Cereal Banana Fat Free Milk	27	W/G Apple Fruidel Applesauce Fat Free Milk	28	W/G Cinnamon Toast Crunch Neuchatel Cheese Mixed Fruit Fat Free Milk	29	W/G Blueberry Bread Mixed Fruit Fat Free Milk
						30	W/G Triple Berry Crunch Cereal Bar Grapes Fat Free Milk
							NO SCHOOL

**News**  
Breakfast Menu

All students must take (2) servings of fruit daily  
1 Fruit and 1 Juice or  
2 Servings of Fruit.

Fruit Choices are Seasonal and subject to change.

**Breakfast Milk Choices**  
1% Low Fat White,  
Fat Free Chocolate &  
Fat Free Strawberry

Menu Subject to Change without notice.

**USDA IS AN EQUAL OPPORTUNITY**

**Why Whole Grain at Lunch?**

Whole grains give Kids B vitamins, minerals, and fiber to help them feel full longer so they stay alert to concentrate at school.