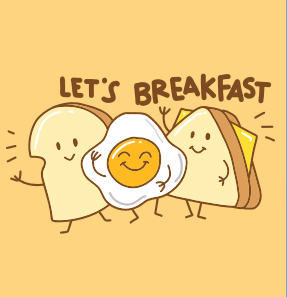


September: Breakfast Menu

Salem High School & New Liberty & Prep Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9/1 ----	9/2	9/3 Choice of: Plain Bagel or Rainbow Bagel with Cream Cheese Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk	9/4 Choice of: Strawberry Banana Smoothie & Graham Crackers or Whole Grain Muffin Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk
9/7 No School	9/8 Choice of: Sausage, Egg, and Cheese on WW English Muffin Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk	9/9 Choice of: Egg and Cheese Stuffed Hashbrown, Assorted Muffins Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk	9/10 Choice of: Breakfast Burrito (Turkey Sausage, Egg, Potato, Black Beans, Salsa) Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk	9/11 Choice of: Mango Pineapple Smoothie & Graham Crackers or Whole Grain Muffin Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk
9/14 Choice of: WG Donut Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk	9/15 Choice of: Sausage, Egg, and Cheese on WW Croissant Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk	9/16 Choice of: Waffle or Pancake with Syrup Egg & Cheese Stuffed Hashbrown Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk	9/17 Choice of: Ham & Cheese in a WG Croissant Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk	9/18 Choice of: Strawberry Banana Smoothie & Graham Crackers or Whole Grain Muffin Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk
9/21 Choice of: Breakfast Quesadilla (Egg & Cheese on a WGR Tortilla) Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk	9/22 Choice of: Sausage, Egg, and Cheese on WW English Muffin Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk	9/23 Choice of: Bagels with Cream Cheese Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk	9/24 Choice of: Loaded Breakfast Bowl (Scrambled Eggs, Potatoes, Cheese, Salsa) Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk	9/25 Choice of: Mango Pineapple Smoothie & Graham Crackers or Whole Grain Muffin Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk
9/28 Choice of: Bagels with Cream Cheese Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk	9/29 Choice of: Sausage, Egg, and Cheese on WW English Muffin Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk	9/30 Choice of: Apple Cinnamon Overnight Oats Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk	10/1	10/2

This institution is a equal Opportunity Provider. **Please Note:** If you have a food allergy please advise your kitchen manager



SALEM
PUBLIC SCHOOLS
Where belonging leads to opportunity.

HARVEST
of the
MONTH
TOMATOES



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