



# September Breakfast Roseland Elementary

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
No School	Mantecada Muffin or Cereal w/ Honey Grahams	Strawberry Yogurt Parfait w/ Cinnamon Granola or Cereal w/ Honey Grahams or Maple Beef Sausage & Pancake Sandwich	Apple Jacks Cereal w/ Honey Grahams or Egg & Cheese English Muffin Sandwich or Blueberry Muffin	Cinnamon Roll or Cereal w/ Honey Grahams
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Cereal w/ Honey Grahams or Egg & Cheese English Muffin Sandwich	Yogurt w/ Honey Grahams or Cereal w/ Honey Grahams	Banana Bread or Cereal w/ Honey Grahams or Egg Scramble w/ Roasted Potatoes & Dinner Roll	Sweet Potato Sunrise Muffin or Cereal w/ Honey Grahams or Breakfast Burrito	Conchita w/ String Cheese or Waffle w/ Syrup
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Cereal w/ Honey Grahams	Mantecada Muffin or Cereal w/ Honey Grahams	Strawberry Yogurt Parfait w/ Cinnamon Granola or Cereal w/ Honey Grahams or Maple Beef Sausage & Pancake Sandwich	Chocolate Chip Muffin Top or Apple Jacks Cereal w/ Honey Grahams or Egg & Cheese English Muffin Sandwich	Cinnamon Roll or Cereal w/ Honey Grahams
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Cinnamon Crumble or Cereal w/ Honey Grahams or Egg & Cheese English Muffin Sandwich	Yogurt w/ Honey Grahams or Cereal w/ Honey Grahams or Pancakes w/ Syrup	Banana Bread or Cereal w/ Honey Grahams or Egg Scramble w/ Roasted Potatoes & Dinner Roll	Sweet Potato Sunrise Muffin or Cereal w/ Honey Grahams or Breakfast Burrito	Conchita w/ String Cheese or Cereal w/ Honey Grahams or Waffle w/ Syrup
<b>30</b>				
<b>Breakfast Includes:</b>	<b>Featured Fruit:</b>			
All breakfast meals are served and option of fruit and milk. Students must take 1/2 cup of fruit	100% Fruit Juice 4 oz,Pear (1/2 C),Apple Slices (1/2 C),Apple (1/2 C),Banana (1/2 C),Orange (1/2 C),Dried Cranberries (1/2 C)			