



BREAKFAST



SEPTEMBER 2022

EASTERN PANHANDLE PREPARATORY K-12 BREAKFAST

Monday

Tuesday

Wednesday

Thursday

Friday



NO SCHOOL

5

Nutri Grain Breakfast Bar
Craisins
Fruit
Milk

6

Cereal Kit
Fruit
Fruit Juice
Milk

7

STRAWBERRY YOGURT
Granola
Craisins
Apple Juice
Milk

8

Cinnamon Roll
Fruit
Fruit Juice
Milk

9

Cereal Kit
Fresh Fruit
Fruit Juice
Milk

12

Bagel with Cream Cheese
Fruit
Choice of Milk

13

CORN MUFFIN
Cheese Stick
Fresh Apple
Milk

14

English Muffin
Jelly
Craisins
Apple Juice
Milk

15

Nutri Grain Breakfast Bar
Fruit Juice
Fruit
Milk

16

Blueberry Muffin
Fruit Cup
Fruit Juice
Choice of Milk

19

STRAWBERRY YOGURT
Granola
Craisins
Apple Juice
Milk

20

Cereal Kit
Animal Crackers
Fruit
Milk

21

Cinnamon Roll
Fruit
Fruit Juice
Milk

22

STRAWBERRY BANANA YOGURT
Granola
Craisins
Apple Juice
Milk

23

English Muffin
Jelly
Craisins
Apple Juice
Milk

26

Cereal Kit
Fruit
Fruit Juice
Milk

27

Nutri Grain Breakfast Bar
Fruit Juice
Fruit
Milk

28

BAGEL
Cream Cheese
Fruit Cup
Fruit
Milk

29

Cinnamon Roll
Fruit
Fruit Juice
Milk

30

