

AUGUST



Breakfast



CITIZENS ACADEMY SOUTHEAST

Monday	Tuesday	Wednesday	Thursday	Friday
July 30, 2018	July 31, 2018	August 1, 2018	August 2, 2018	August 3, 2018
August 6, 2018	August 7, 2018	August 8, 2018	August 9, 2018	August 10, 2018
August 13, 2018	August 14, 2018	August 15, 2018	August 16, 2018	August 17, 2018
GOLDEN GRAHAM CEREAL ^ Vanilla Waffle Square ^ Cherry Craisins Blended Fruit Juice Choice of Milk	PANCAKES ^ Syrup Orange Juice Diced Pears Choice of Milk	MOZZARELLA STRING CHEESE Tropical Mini Loaf ^ Fresh Fruit Choice of Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ Fresh Fruit Grape Juice Choice of Milk	APPLE CINNAMON CHEERIOS ^ Maple Breakfast Square ^ Fresh Fruit Choice of Milk
August 20, 2018	August 21, 2018	August 22, 2018	August 23, 2018	August 24, 2018
TRIX ^ Animal Grahams ^ Cherry Craisins Orange Juice Choice of Milk	BEEF SAUSAGE BISCUIT Mixed Fruit Cup Blended Fruit Juice Choice of Milk	CINNAMON CHEX ^ Strawberry Pancake Square ^ Fresh Fruit Choice of Milk	WAFFLES ^ Syrup Fresh Fruit Grape Juice Choice of Milk	COCOA PUFFS ^ Graham Crackers ^ Fresh Fruit Choice of Milk
August 27, 2018	August 28, 2018	August 29, 2018	August 30, 2018	August 31, 2018
GOLDEN GRAHAM CEREAL ^ Vanilla Waffle Square ^ Cherry Craisins Blended Fruit Juice Choice of Milk	PANCAKES ^ Syrup Orange Juice Diced Pears Choice of Milk	MOZZARELLA STRING CHEESE Tropical Mini Loaf ^ Fresh Fruit Choice of Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ Fresh Fruit Grape Juice Choice of Milk	APPLE CINNAMON CHEERIOS ^ Maple Breakfast Square ^ Fresh Fruit Choice of Milk

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

www.preferredmealsmenu.com | Contact Us: 1-800-466-0222 Ex. 3

Menu Development | Food & Equipment Delivery | Meal Preparation and Service | Merchandising & Promotions

