

September 2020

Forge International

BREAKFAST



Forge International

K-5: 1.80
6-8: 1.90
Reduced: \$0.30
Adult: 2.80



Nutrition Tip: September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



Monday



Tuesday

Wednesday

Thursday

Friday

Labor Day – no school

7

Tukey, egg, and cheese
frittata muffin
100% real fruit juice
fruit
Milk

8

Muffin
Mozzarella cheese stick
100% real fruit juice
Fruity craisen
Milk

9

Fruit and granola parfait
100% real fruit juice
Milk

10

Egg and cheese
breakfast sandwich
Applesauce
Fruity craisen
Milk

11

Turkey, egg, and
cheese frittata muffin
100% real fruit juice
fruit
Milk

14

Muffin
Mozzarella cheese stick
100% real fruit juice
Fruity craisen
Milk

15

Fruit and granola parfait
100% real fruit juice
Milk

16

Egg and cheese
breakfast sandwich
Applesauce
Fruity craisen
Milk

17

No school

18

Turkey, egg, and
cheese frittata muffin
100% real fruit juice
fruit
Milk

21

Muffin
Mozzarella cheese stick
100% real fruit juice
Fruity craisen
Milk

22

Fruit and granola parfait
100% real fruit juice
Milk

23

Egg and cheese
breakfast sandwich
Applesauce
Fruity craisen
Milk

25

No school

25

Turkey, egg, and
cheese frittata muffin
100% real fruit juice
fruit
Milk

28

Muffin
Mozzarella cheese stick
100% real fruit juice
Fruity craisen
Milk

29

Fruit and granola parfait
100% real fruit juice
Milk

30

