

**September  
2021**

# Elementary School Breakfast Menu

A Complete Breakfast  
Meal:  
Students Must Take at  
Least 3 of the 4  
Components:  
Milk, Fruit, Grain and  
Protein

Milk Choice:  
Skim, 1% or Fat Free  
Chocolate  
Hormone & Antibiotic  
Free

Gluten Free Meals are  
Available Only to Students  
with Documented  
Restrictions  
Please See Separate Gluten  
Free Menu

Any questions please email:  
[cooper-nicole@aramark.com](mailto:cooper-nicole@aramark.com)

All School Meals Are  
Free For All  
Students Until 6/30/22



This institution is an equal opportunity provider.



**1**

Whole Grain Muffin  
Fruit Cup  
Choice of Milk

**2**

Reduced Fat  
Strawberry  
Pop Tart  
Fresh Apple  
Choice of Milk

**3**

Whole Grain Cereal  
Apple Sauce  
Choice of Milk

**6**

School Closed



**7**

School Closed  
Rosh Hashanah

**8**

School Closed  
Rosh Hashanah

**9**

Reduced Fat  
Strawberry  
Pop Tart  
Box of Raisins  
Choice of Milk

**10**

Breakfast  
Cereal Bar  
Fresh Apple  
Choice of Milk

**13**

Whole Grain Cereal  
Fruit Cup  
Choice of Milk

**14**

Reduced Fat  
Strawberry  
Pop Tart  
Apple Sauce  
Choice of Milk

**15**

Whole Grain Muffin  
Box of Raisins  
Choice of Milk

**16**

School Closed  
Yom Kippur

**17**

Breakfast  
Cereal Bar  
Apple Slices  
Choice of Milk

**20**

Whole Grain Cereal  
Apple Sauce  
Choice of Milk

**21**

Graham Crackers  
Mozzarella  
Cheese Stick  
Fresh Apple  
Choice of Milk

**22**

Whole Grain Muffin  
Fruit Cup  
Choice of Milk

**23**

Reduced Fat  
Strawberry  
Pop Tart  
Box of Raisins  
Choice of Milk

**24**

Breakfast  
Cereal Bar  
Apple Slices  
Choice of Milk

**27**

Whole Grain Cereal  
Fresh Apple  
Choice of Milk

**28**

Graham Crackers  
Mozzarella  
Cheese Stick  
Fruit Cup  
Choice of Milk

**28**

Whole Grain Muffin  
Apple Slices  
Choice of Milk

**30**

Reduced Fat  
Strawberry  
Pop Tart  
Box of Raisins  
Choice of Milk

