

SEPTEMBER | 2022



Jefferson & Kennedy Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 	30 WG Breakfast Bar Raisins Orange Juice 1% White Milk	31 Apple Frudel Banana Grape Juice 1% White Milk	1 Cheerios Applesauce Cup Fruit Punch 1% White Milk	2 NO SCHOOL
5 NO SCHOOL LABOR DAY	6 RS Cinnamon Toast Crunch Raisins Orange Juice 1% White Milk	7 WG Bagel Cream Cheese Pkt. Fresh Pear Grape Juice 1% White Milk	8 WG Cheerio Breakfast Bar Applesauce Cup Fruit Punch 1% White Milk	9 Cooks Choice Breakfast Craisins Assorted Juice 1% White Milk
12 WG Trix Breakfast Bar Raisins Apple Juice 1% White Milk	13 Cinni Mini Banana Orange Juice 1% White Milk	14 4oz. Lowfat Yogurt WG Blueberry Muffin Apple Slices Grape Juice 1% White Milk	15 RS Frosted Flakes Applesauce Cup Fruit Punch 1% White Milk	16 Cooks Choice Breakfast Craisins Assorted Juice 1% White Milk
19 WB Blueberry Belivita Bar String Cheese Raisins Apple Juice 1% White Milk	20 Mini Pancakes Banana Orange Juice 1% White Milk	21 Cocoa Cherry Bar Apple Slices Grape Juice 1% White Milk	22 Cinnamon Chex Cereal String Cheese Applesauce Cup Fruit Punch 1% White Milk	23 Cooks Choice Breakfast Craisins Assorted Juice 1% White Milk
26 WG Cinnamon Toast Breakfast Bar Raisins Apple Juice 1% White Milk	27 Cherry Frudel Banana Orange Juice 1% White Milk	28 French Toast Dried Mixed Fruit Grape Juice 1% White Milk	29 Lucky Charms Cereal Applesauce Cup Fruit Punch 1% White Milk	30 Cooks Choice Breakfast Craisins Assorted Juice 1% White Milk

News

Free Breakfast In The Classroom

Adult Price - \$ 2.50

Foodservice reserves the right to change the menu without notice

Questions concerning the menu please contact

**Keri Carlson
231-398-3695**

kcarlson@manistee.org

Free and Reduced lunch applications may be filled out online at

www.lunchapp.com

Students must select 3 items to be a complete breakfast. One item must be a fruit or a juice

This institution is an equal opportunity provider