



# FLC Breakfast September 2019

2  
**No School**

3  
**Glazed Donut**  
Frosted Flakes or Lucky Charms w/ Toast  
Cocoa Puffs Cereal Bar & Cheese Cubes  
Fresh Orange or Mixed Fruit  
Fruit Punch

4  
**Cinnamon Roll**  
Cinnamon Toast Crunch or Apple Jacks w/ Toast  
Peanut Butter & Toast  
Pears or Applesauce  
Orange Juice

5  
**Pancake Sausage Wrap**  
Frosted Mini Wheat Chocolate or Trix w/ Toast  
Scooby Snack w/ Hard Boiled Egg  
Banana or Raisins  
Cherry Star Juice

6  
**Pancakes**  
Honey Nut Cheerios or Golden Grahams w/ Toast  
Pop tart & String Cheese  
Grapes or Peaches  
Apple Juice

9  
**Mini Confetti Pancakes**  
Cocoa Puffs or Froot Loops w/ Toast  
Yogurt and Scooby Snack  
Apple or Pears  
Grape Juice

10  
**Blueberry Muffin**  
Frosted Flakes or Lucky Charms w/ Toast  
Cocoa Puffs Cereal Bar & Cheese Cubes  
Fresh Orange or Mixed Fruit  
Fruit Punch

11  
**Omelet w/ Hashbrown & Toast**  
Cinnamon Toast Crunch or Apple Jacks w/ Toast  
Peanut Butter & Toast  
Pears or Applesauce  
Orange Juice

12  
**Breakfast Pizza**  
Frosted Mini Wheat Chocolate or Trix w/ Toast  
Scooby Snack w/ Hard Boiled Egg  
Banana or Raisins  
Cherry Star Juice

13  
**Chicken on a Biscuit**  
Honey Nut Cheerios or Golden Grahams w/ Toast  
Pop tart & String Cheese  
Grapes or Peaches  
Apple Juice

16  
**Waffles**  
Cocoa Puffs or Froot Loops w/ Toast  
Yogurt and Scooby Snack  
Apple or Pears  
Grape Juice

17  
**Cinnamon Roll**  
Frosted Flakes or Lucky Charms w/ Toast  
Cocoa Puffs Cereal Bar & Cheese Cubes  
Fresh Orange or Mixed Fruit  
Fruit Punch

18  
**Uncrustable**  
Cinnamon Toast Crunch or Apple Jacks w/ Toast  
Peanut Butter & Toast  
Pears or Applesauce  
Orange Juice

19  
**Scrambled Eggs w/ Hashbrown & Toast**  
Frosted Mini Wheat Chocolate or Trix w/ Toast  
Scooby Snack w/ Hard Boiled Egg  
Banana or Raisins  
Cherry Star Juice

20  
**Chocolate Muffin**  
Honey Nut Cheerios or Golden Grahams w/ Toast  
Pop tart & String Cheese  
Grapes or Peaches  
Apple Juice

23  
**French Toast Sticks**  
Cocoa Puffs or Froot Loops w/ Toast  
Yogurt and Scooby Snack  
Apple or Pears  
Grape Juice

24  
**Pancake Sausage Wrap**  
Frosted Flakes or Lucky Charms w/ Toast  
Cocoa Puffs Cereal Bar & Cheese Cubes  
Fresh Orange or Mixed Fruit  
Fruit Punch

25  
**Breakfast Cinnamon Round**  
Cinnamon Toast Crunch or Apple Jacks w/ Toast  
Peanut Butter & Toast  
Pears or Applesauce  
Orange Juice

26  
**Banana Muffin**  
Frosted Mini Wheat Chocolate or Trix w/ Toast  
Scooby Snack w/ Hard Boiled Egg  
Banana or Raisins  
Cherry Star Juice

27  
**No School**

30  
**Mini Maple Pancakes**  
Cocoa Puffs or Froot Loops w/ Toast  
Yogurt and Scooby Snack  
Apple or Pears  
Grape Juice

1  
**Cinnamon Donut**  
Frosted Flakes or Lucky Charms w/ Toast  
Cocoa Puffs Cereal Bar & Cheese Cubes  
Fresh Orange or Mixed Fruit  
Fruit Punch

2  
**Scrambled Eggs w/ Cheese & Toast**  
Cinnamon Toast Crunch or Apple Jacks w/ Toast  
Peanut Butter & Toast  
Pears or Applesauce  
Orange Juice

3  
**Blueberry Muffin**  
Frosted Mini Wheat Chocolate or Trix w/ Toast  
Scooby Snack w/ Hard Boiled Egg  
Banana or Raisins  
Cherry Star Juice

4  
**Waffles**  
Honey Nut Cheerios or Golden Grahams w/ Toast  
Pop tart & String Cheese  
Grapes or Peaches  
Apple Juice

Menu Subject To Change

Drink Milk  
Skim, 1%, or Chocolate Skim milk are offered daily.