

# September 2019

## Drummond Area School District

### BREAKFAST



This institution is an equal opportunity provider.

Breakfast is free for all students.



**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.

Reference: USDA MyPlate



### Monday

2) Labor Day  
Vacation

9) WG Doughnut with String Cheese or Cereal  
Fruit and Juice, Milk

16) WG Doughnut with String Cheese or Cereal  
Fruit and Juice, Milk

23) WG Doughnut with String Cheese or Cereal  
Fruit and Juice, Milk

30) WG Doughnut with String Cheese or Cereal  
Fruit and Juice, Milk

### Tuesday

3) Pancake/ Turkey Sausage on a Stick or Oatmeal or Cereal, Fruit and Juice, Low fat milk

10) Pancake/ Turkey Sausage on a Stick or Oatmeal or Cereal, Fruit and Juice, Low fat milk

17) Pancake/ Turkey Sausage on a Stick or Oatmeal or Cereal, Fruit and Juice, Low fat milk

24) Pancake/ Turkey Sausage on a Stick or Oatmeal or Cereal, Fruit and Juice, Low fat milk

### Wednesday

4) Cherry or Apple Frudel or Cereal, Fruit and Juice, Low Fat Milk

11) Cherry or Apple Frudel or Cereal, Fruit and Juice, Low Fat Milk

18) Cherry or Apple Frudel or Cereal, Fruit and Juice, Low Fat Milk

25) Cherry or Apple Frudel or Cereal, Fruit and Juice, Low Fat Milk

### Thursday

5) Egg and Turkey Sausage Sand. or Cereal, Fruit and Juice, Low fat milk

12) Egg and Turkey Sausage Sand. or Cereal, Fruit and Juice, Low fat milk

19) Egg and Turkey Sausage Sand. or Cereal, Fruit and Juice, Low fat milk

26) Egg and Turkey Sausage Sand. or Cereal, Fruit and Juice, Low fat milk

### Friday

6) School Made Muffin or Cereal, Yogurt  
Fruit and Juice, Milk

13) School Made Muffin or Cereal, Yogurt  
Fruit and Juice, Milk

20) School Made Muffin or Cereal, Yogurt  
Fruit and Juice, Milk

27) School Made Muffin or Cereal, Yogurt  
Fruit and Juice, Milk

