

Achievers Early College Prep Charter School - Breakfast

September 1 - September 30

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Fresh Orange-1 W/G Frosted Mini Wheat Cereal-1 oz. W/G Graham Crackers-3 Milk-8 oz.	2 Fresh Peach-1 W/G Superdonut-2 oz. Milk-8 oz.	3 Fresh Apple-1 W/G Fruit Loops Cereal-1 oz. W/G Banana Muffin-2 oz. Milk-8 oz.
6 LABOR DAY	7 Mandarin Orange Cup-1/2 c. 100% Grape Juice-4 oz. W/G Apple Breakfast Bar-1 W/G Cinn. Toasters Cereal-1 oz. Milk-8 oz.	8 Fresh Pear-1 Whole Wheat Bagel with Cream Cheese-1 oz. Milk-8 oz.	9 Fresh Apple-1 W/G Apple Jacks Cereal-1 oz. W/G Strwbrry Waffle Grahams-2 Milk-8 oz.	10 Fresh Orange-1 W/G Fruity Cheerios-1 oz. W/G Apple Muffin-2 oz. Milk-8 oz.
13 Fresh Apple-1 W/G Rice Chex Cereal-1 oz. W/G Graham Crackers-3 Milk-8 oz.	14 Applesauce Cup-1/2 c. 100% Fruit Punch-4 oz. W/G Frosted Flakes-1 oz. Strawberry Breakfast Bar-1 Milk-8 oz.	15 Fresh Pear-1 W/G Plain Bagel with Cream Cheese-1 oz. Milk-8 oz.	16 Diced Peach Cup-1/2 c. 100% Apple Juice-4 oz. W/G Superdonut-2 oz. Milk-8 oz.	17 Fresh Orange-1 W/G Honey Graham Toasters Cereal-1 oz. Apple Breakfast Bar-1 Milk-8 oz.
20 Applesauce Cup-1/2 c. 100% Grape Juice-4 oz. Honey Scooters Cereal-1 oz. W/G Graham Crackers-3 Milk-8 oz.	21 Fresh Red Apple-1 W/G Blueberry Muffin-2 oz. W/G Fruit Loops-1 oz. Milk-8 oz.	22 Fresh Orange-1 W/G Croissant with Margarine-1 Milk-8 oz.	23 Fresh Pear-1 W/G Cinn. Toasters Cereal-1 oz. W/G Maple Waffle Grahams-2 Milk-8 oz.	24 Granny Smith Apple-1 W/G Superdonut-2 oz. Milk-8 oz.
27 Fresh Apple-1 W/G Trix Cereal-1 oz. Apple Breakfast Bar-1 Milk-8 oz.	28 Fresh Orange-1 W/G Corn Chex Cereal-1 oz. W/G Pineapple Muffin-2 oz. Milk-8 oz.	29 Fresh Pear-1 W/G Cinnamon Raisin Bagel with Cream Cheese-1 oz. Milk-8 oz.	30 Golden Delicious Apple-1 Strawberry Shredded Wheat Cereal-1 oz. W/G Vanilla Bear Grahams-2 Milk-8 oz.	