

September 2020 Breakfast MENU

All meals prepared
by iCookCafe:

www.icookcafe.com



Available Daily BREAKFAST

Every complete meal served
comes with choice of entrée,
fresh fruit or other daily
options and choice of
1% or non-fat white milk.



Check out CA Grown produce
each month on the menu
www.harvestofthemonth.com

September
HARVEST OF THE MONTH
Corn

Did you know?

A ½ cup of white or yellow corn
provides a good source of folate and
thiamin, and many other vitamins,
including vitamin C.



S: Made from Scratch, **WG:** Whole Grain, **V:** Vegetarian

September Breakfast Menu: *Featured Daily Specials*

WEEK 1

Tuesday, September 1st

Cereal Variety (WG)

Wednesday, September 2nd

Egg and Biscuits (WG)

Thursday, September 3rd

Mini Pancakes (WG)

Friday, September 4th

Nutrigrain Bar (WG)

WEEK 2

Monday, September 7th

Cereal Variety (WG)

Tuesday, September 8th

Pop tart
And String Cheese (WG)

Wednesday, September 9th

Banana Bread (WG)

Thursday, September 10th

Ham and
Biscuit Sandwich (WG)

Friday, September 11th

Breakfast Bar (WG)

WEEK 3

Monday, September 14th

Cereal Variety (WG)

Tuesday, September 15th

Greek Yogurt
And Granola (WG)

Wednesday, September 16th

Blueberry Muffin (WG)

Thursday, September 17th

Hard Boiled Egg
And Toast (WG)

Friday, September 18th

Breakfast Bar (WG)

WEEK 4

Monday, September 21st

Cereal Variety (WG)

Tuesday, September 22nd

Nutrigrain Bar (WG)

Wednesday, September 23rd

Breakfast Burrito (WG)

Thursday, September 24th

Breakfast Bar (WG)

Friday, September 25th

Breakfast Pastry (WG)

WEEK 5

Monday, September 28th

Cereal Variety (WG)

Tuesday, September 29th

Cinnamon Raisin Bagel
with Cream Cheese (WG)

Wednesday, September 30th

Fruit and Granola Parfait (WG)