



## Ledyard Schools Elementary Breakfast Menu. Aug-Sep

Monday	Tuesday	Wednesday	Thursday	Friday
		30	31	1
		Berry Parfait	Egg & Cheese Sandwich	Fresh Baked Chocolate Chip Muffin
		Assorted Fresh Local Seasonal Fruit	Assorted Fresh Local Seasonal Fruit	Assorted Fresh Local Seasonal Fruit
Weekly Alternate: Cereal, Cheese Stick, Fruit and Juice				
		6	7	8
<b>No School</b>  <b>Labor Day</b>	Sausage & Cheese sandwich	Fresh Baked Cinnamon Roll	Egg & cheese Sandwich	Fresh Baked Blueberry Muffin
	Assorted Fresh Local Seasonal Fruit	Assorted Fresh Local Seasonal Fruit	Assorted Fresh Local Seasonal Fruit	Assorted Fresh Local Seasonal Fruit
Weekly Alternate: Cereal, Cheese Stick, Fruit Or Juice				
		13	14	15
Banana Breakfast Wrap	Whole Grain French Toast Sticks	Turkey ham, egg & cheese sandwich	Fresh Baked Cinnamon Roll	Fresh Baked Chocolate Chip Muffin
Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice	Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice	Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice	Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice	Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice
Weekly Alternate: Cereal, Cheese Stick, Fruit Or Juice				
		20	21	22
Turkey, egg & cheese sandwich	Waffles with Berry Topping	Egg & cheese sandwich	Pancakes with Strawberry Topping	Fresh Baked Blueberry Muffin
Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice	Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice	Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice	Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice	Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice
Weekly Alternate: Cereal, Cheese Stick, Fruit Or Juice				
		27	28	29
Crunchy banana parfait . Assorted fresh local seasonal fruit Assorted fruit juice	Egg & cheese breakfast Sandwich. Assorted fresh local seasonal fruit Assorted fruit juice.	Pancakes with Strawberry topping. Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice	Honey Bagel Sunbutter. Assorted fresh local fruit Assorted Fruit Juice	Chocolate Chip Muffin. Assorted Fresh Local Fruit Assorted fruit Juice
<b>Food Focus :</b> The Food focus is Red and Orange Vegetables. These Vegetables get their color from beta carotene, an antioxidant that the body converts to Vitamin A. Vitamin A helps our vision, protects us from infections and helps keep skin Healthy. Find all the orange and red vegetables on the menu this month.				
A Full Student breakfast includes are offered with featured fruit and juice sides and a choice of milk				
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