


# What's on the Menu?

## MS & HS Breakfast Menu – September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>For all your nutritional needs please visit:  <a href="https://npsd.nutrislice.com">https://npsd.nutrislice.com</a>                      Questions:                      Donna Humphries                      401-233-1150 Option 7                      Or                      Donna.Humphries@Compass-usa.com                      Breakfast \$1.25 Red. \$.30</p>	<p>30<sup>th</sup></p> <p><b>Banana Benefit Bar</b>                      Offered Daily:                      Assorted Cereal &amp; Cereal Bars</p> <p>All meals are served with choice of fruit or 100% fruit juice with 1% plain milk or skim chocolate milk</p>	<p>31<sup>st</sup></p> <p><b>Assorted Muffins</b>                      Offered Daily:                      Assorted Cereal &amp; Cereal Bars</p> <p>All meals are served with choice of fruit or 100% fruit juice with 1% plain milk or skim chocolate milk</p>	<p>1<sup>st</sup></p> <p><b>Ham, Egg &amp; Cheese on Bagel</b>                      Offered Daily:                      Assorted Cereal &amp; Cereal Bars</p> <p>All meals are served with choice of fruit or 100% fruit juice with 1% plain milk or skim chocolate milk</p>	<p>2<sup>nd</sup></p> <p><b>No School</b></p>
<p>5<sup>th</sup></p> <p><b>No School Labor Day</b></p>	<p>6<sup>th</sup></p> <p><b>Banana Benefit Bar</b>                      Offered Daily:                      Assorted Cereal &amp; Cereal Bars</p> <p>All meals are served with choice of fruit or 100% fruit juice with 1% plain milk or skim chocolate milk</p>	<p>7<sup>th</sup></p> <p><b>Assorted Muffins</b>                      Offered Daily:                      Assorted Cereal &amp; Cereal Bars</p> <p>All meals are served with choice of fruit or 100% fruit juice with 1% plain milk or skim chocolate milk</p>	<p>8<sup>th</sup></p> <p><b>Ham, Egg &amp; Cheese on a Bagel</b>                      Offered Daily:                      Assorted Cereal &amp; Cereal Bars</p> <p>All meals are served with choice of fruit or 100% fruit juice with 1% plain milk or skim chocolate milk</p>	<p>9<sup>th</sup></p> <p><b>Turkey Sausage w/ Cheese on a Maple Flatbread</b>                      Offered Daily:                      Assorted Cereal &amp; Cereal Bars</p> <p>All meals are served with choice of fruit or 100% fruit juice with 1% plain milk or skim chocolate milk</p>
<p>12<sup>th</sup></p> <p><b>Cinni Minis</b>                      Offered Daily:                      Assorted Cereal &amp; Cereal Bars</p> <p>All meals are served with choice of fruit or 100% fruit juice with 1% plain milk or skim chocolate milk</p>	<p>13<sup>th</sup></p> <p><b>No School Primary Day</b></p>	<p>14<sup>th</sup></p> <p><b>Assorted Muffins</b>                      Offered Daily:                      Assorted Cereal &amp; Cereal Bars</p> <p>All meals are served with choice of fruit or 100% fruit juice with 1% plain milk or skim chocolate milk</p>	<p>15<sup>th</sup></p> <p><b>Ham, Egg, &amp; Cheese on a Bagel</b>                      Offered Daily:                      Assorted Cereal &amp; Cereal Bars</p> <p>All meals are served with choice of fruit or 100% fruit juice with 1% plain milk or skim chocolate milk</p>	<p>16<sup>th</sup></p> <p><b>Turkey Sausage w/ Cheese on a Maple Flatbread</b>                      Offered Daily:                      Assorted Cereal &amp; Cereal Bars</p> <p>All meals are served with choice of fruit or 100% fruit juice with 1% plain milk or skim chocolate milk</p>
<p>19<sup>th</sup></p> <p><b>Cinni Minis</b>                      Offered Daily:                      Assorted Cereal &amp; Cereal Bars</p> <p>All meals are served with choice of fruit or 100% fruit juice with 1% plain milk or skim chocolate milk</p>	<p>20<sup>th</sup></p> <p><b>Banana Benefit Bar</b>                      Offered Daily:                      Assorted Cereal &amp; Cereal Bars</p> <p>All meals are served with choice of fruit or 100% fruit juice with 1% plain milk or skim chocolate milk</p>	<p>21<sup>st</sup></p> <p><b>Assorted Muffins</b>                      Offered Daily:                      Assorted Cereal &amp; Cereal Bars</p> <p>All meals are served with choice of fruit or 100% fruit juice with 1% plain milk or skim chocolate milk</p>	<p>22<sup>nd</sup></p> <p><b>Ham, Egg, &amp; Cheese on a Bagel</b>                      Offered Daily:                      Assorted Cereal &amp; Cereal Bars</p> <p>All meals are served with choice of fruit or 100% fruit juice with 1% plain milk or skim chocolate milk</p>	<p>23<sup>rd</sup></p> <p><b>Turkey Sausage w/ Cheese on a Maple Flatbread</b>                      Offered Daily:                      Assorted Cereal &amp; Cereal Bars</p> <p>All meals are served with choice of fruit or 100% fruit juice with 1% plain milk or skim chocolate milk</p>
<p>26<sup>th</sup></p> <p><b>Cinni Minis</b>                      Offered Daily:                      Assorted Cereal &amp; Cereal Bars</p> <p>All meals are served with choice of fruit or 100% fruit juice with 1% plain milk or skim chocolate milk</p>	<p>27<sup>th</sup></p> <p><b>Banana Benefit Bar</b>                      Offered Daily:                      Assorted Cereal &amp; Cereal Bars</p> <p>All meals are served with choice of fruit or 100% fruit juice with 1% plain milk or skim chocolate milk</p>	<p>28<sup>th</sup></p> <p><b>Assorted Muffins</b>                      Offered Daily:                      Assorted Cereal &amp; Cereal Bars</p> <p>All meals are served with choice of fruit or 100% fruit juice with 1% plain milk or skim chocolate milk</p>	<p>29<sup>th</sup></p> <p><b>Ham, Egg, &amp; Cheese on a Bagel</b>                      Offered Daily:                      Assorted Cereal &amp; Cereal Bars</p> <p>All meals are served with choice of fruit or 100% fruit juice with 1% plain milk or skim chocolate milk</p>	<p>30<sup>th</sup></p> <p><b>Turkey Sausage w/ Cheese on a Maple Flatbread</b>                      Offered Daily:                      Assorted Cereal &amp; Cereal Bars</p> <p>All meals are served with choice of fruit or 100% fruit juice with 1% plain milk or skim chocolate milk</p>

This institution is an equal opportunity provider.

Breakfast \$1.25 Red. \$.30