



SEPTEMBER

MORMON TRAIL ELEM & JR HIGH

Monday	Tuesday	Wednesday	Thursday	Friday
MENU'S SUBJECT TO CHANGE			1 CEREAL = 1 GR JUICE 4 OZ FRUIT 1/2 C MILK	2
5 NO SCHOOL	6 MINI BITES = 1 MM & 1 WG JUICE 4OZ FRUIT 1/2 C PANCAKE SYRUP MILK	7 MUFFIN = 1 WG JUICE 4 OZ FRUIT 1/2 C MILK	8 BREAKFAST PIZZA = 1 MM & 1.5 WG JUICE 4 OZ FRUIT 1/2 C MILK	9
12 MINI PANCAKES = 2 WG JUICE 4 OZ FRUIT 1/2 C PANCAKE SYRUP MILK	13 YOGURT 6 OZ TOAST = 1WG JUICE 4 OZ FRUIT 1/2 C MILK	14 B.E.C. BISCUIT = 1.5 MM & 2 WG JUICE 4 OZ FRUIT 1/2 C MILK	15 CEREAL = 1 WG JUICE 4 OZ FRUIT 1/2 C MILK	16 COFFEE CAKE 1.75 WG JUICE 4 OZ FRUIT 1/2C MILK
19 FRENCH TOAST STICKS = 1 MM & 1.5 WG JUICE 4 OZ FRUIT 1/2 C PANCAKE SYRUP MILK	20 LONG JOHN = 2 WG JUICE 4 OZ FRUIT 1/2 C MILK	21 BRE AKFAST BURRITO 1MM & 1WG JUICE 4 OZ FRUIT 1/2 C KETCHUP JELLY MILK	22 BREAKFAST PIZZA = 1MM & 1.5 WG JUICE 4 OZ FRUIT 1/2 C KETCHUP MILK	23
26 POP TART = 1 WG JUICE 4 OZ FRUIT 1/2 C MILK	27 B.E.C. BISCUIT = 1.5 MM & 2 WG JUICE 4 OZ FRUIT 1/2 C KETCHUP MILK	28 MINI WAFFLES = 2WG JUICE 4 OZ FRUIT 1/2 C PANCAKE SYRUP MILK	29 CEREAL = 1 WG JUICE 4 OZ FRUIT 1/2 C MILK	30

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