

MENUS FOR SEPTEMBER 2023

Bristol Jr./Sr. High School Breakfast Menu

This institution is an equal opportunity provider. Menus are subject to change.

HAPPY LABOR DAY!



Try not to be **BLUE** about Summer's end - enjoy the last sweet days of the season **BERRY** much!



Every complete meal we serve comes with your choice of milk!



First things First
Breakfast is FREE for all students every day!
 Choose at least **ONE** serving of **FRUIT** and at least **THREE** items **TOTAL** so your meal counts as a Complete Breakfast!
BREAKFAST@SCHOOL
 For first-class learning!



9/11/2001 ♦ We Remember



Want the whole truth?
 Choose bagels and other bread products that are made with whole grains. They're healthiest by a mile!

Friday, September 8
 Whole Grain Breakfast Pizza with Eggs, Bacon, & Gravy
 OR
 Sausage, Egg, and Cheese Sandwich on WW Bun
Add To Any Meal:
 Low Fat String Cheese
 Low Fat Yogurt
 Assorted Chilled Fruit Cup
 Assorted Fresh Fruit
 Assorted 100% Fruit Juice

Thursday, September 7
 Assorted Muffin with Low Fat Yogurt
 OR
 Bacon, Egg, and Cheese Sandwich on WW Bun
Add To Any Meal:
 Low Fat String Cheese
 Low Fat Yogurt
 Assorted Chilled Fruit Cup
 Assorted Fresh Fruit
 Assorted 100% Fruit Juice

Wed., September 6
 Whole Grain Confetti Pancakes with Sausage Links
 OR
 Sausage, Egg, and Cheese Sandwich on WW Bun
Add To Any Meal:
 Low Fat String Cheese
 Low Fat Yogurt
 Assorted Chilled Fruit Cup
 Assorted Fresh Fruit
 Assorted 100% Fruit Juice

Friday, September 15
 Whole Grain Breakfast Pizza with Sausage
 OR
 Sausage, Egg, and Cheese Sandwich on WW Bun
Add To Any Meal:
 Low Fat String Cheese
 Low Fat Yogurt
 Assorted Chilled Fruit Cup
 Assorted Fresh Fruit
 Assorted 100% Fruit Juice

Thursday, September 14
 Whole Grain French Toast Sticks with Bacon
 OR
 Bacon, Egg, and Cheese Sandwich on WW Bun
Add To Any Meal:
 Low Fat String Cheese
 Low Fat Yogurt
 Assorted Chilled Fruit Cup
 Assorted Fresh Fruit
 Assorted 100% Fruit Juice

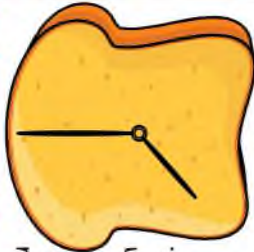
Wed., September 13
 Whole Grain Chocolate Crescent with Low Fat Yogurt
 OR
 Sausage, Egg, and Cheese Sandwich on WW Bun
Add To Any Meal:
 Low Fat String Cheese
 Low Fat Yogurt
 Assorted Chilled Fruit Cup
 Assorted Fresh Fruit
 Assorted 100% Fruit Juice

Tuesday, September 12
 Whole Grain Dutch Waffles with Low Fat String Cheese
 OR
 Bacon, Egg, and Cheese Sandwich on WW Bun
Add To Any Meal:
 Low Fat String Cheese
 Low Fat Yogurt
 Assorted Chilled Fruit Cup
 Assorted Fresh Fruit
 Assorted 100% Fruit Juice

Monday, September 11
 Whole Grain Pancake and Sausage on a Stick
 OR
 Sausage, Egg, and Cheese Sandwich on WW Bun
Add To Any Meal:
 Low Fat String Cheese
 Low Fat Yogurt
 Assorted Chilled Fruit Cup
 Assorted Fresh Fruit
 Assorted 100% Fruit Juice

OFF THE CLOCK.

A clock can't always tell you when it's time for breakfast! Eat at home, before you start your day. Or eat when you get where you're going. Or eat something mid-morning. Research even suggests kids learn and feel better when they eat TWO smaller healthy breakfasts.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

NUTRITION 7060

Try to get in the habit of checking the labels on convenience foods marketed to kids. One dinner from a popular brand (containing chicken nuggets, mac and cheese, corn, and a dessert) contains all kinds of additives and chemicals, 9 grams of added sugar, and more than half a day's worth of sodium.

A QUICK BITE FOR PARENTS

"Ahhh!"

September 19 is
**"International Talk
 Like a Pirate" Day**

But EVERY DAY is
 "Drink Your Milk" day!
 And we've got you
 covered with these
 great milk selections
 to choose from with all
 complete meals:

Lou'sfat's Chocolate
Nonfat's White
Lou'sfat's White



Tuesday, September 19

Whole Grain Glazed
 Cinnamon Roll
 OR
 Bacon, Egg, and Cheese
 Sandwich on WW Bun

Add To Any Meal:
 Low Fat String Cheese
 Low Fat Yogurt
 Assorted Chilled Fruit Cup
 Assorted Fresh Fruit
 Assorted 100% Fruit Juice

Wed., September 20

Whole Grain Pancakes
 with Bacon
 OR
 Sausage, Egg, and Cheese
 Sandwich on WW Bun

Add To Any Meal:
 Low Fat String Cheese
 Low Fat Yogurt
 Assorted Chilled Fruit Cup
 Assorted Fresh Fruit
 Assorted 100% Fruit Juice

Thursday, September 21

Whole Grain Assorted Muffin
 with Low Fat Yogurt
 OR
 Bacon, Egg, and Cheese
 Sandwich on WW Bun

Add To Any Meal:
 Low Fat String Cheese
 Low Fat Yogurt
 Assorted Chilled Fruit Cup
 Assorted Fresh Fruit
 Assorted 100% Fruit Juice

Friday, September 22

Whole Grain Breakfast Pizza
 with Eggs, Bacon, and Gravy
 OR
 Bacon, Egg, and Cheese
 Sandwich on WW Bun

Add To Any Meal:
 Low Fat String Cheese
 Low Fat Yogurt
 Assorted Chilled Fruit Cup
 Assorted Fresh Fruit
 Assorted 100% Fruit Juice

Tuesday, September 26

Whole Grain Dutch Waffles
 with Low Fat String Cheese
 OR
 Bacon, Egg, and Cheese
 Sandwich on WW Bun

Add To Any Meal:
 Low Fat String Cheese
 Low Fat Yogurt
 Assorted Chilled Fruit Cup
 Assorted Fresh Fruit
 Assorted 100% Fruit Juice

Wed., September 27

Whole Grain Mini Donut
 Holes with Low Fat Yogurt
 OR
 Sausage, Egg, and Cheese
 Sandwich on WW Bun

Add To Any Meal:
 Low Fat String Cheese
 Low Fat Yogurt
 Assorted Chilled Fruit Cup
 Assorted Fresh Fruit
 Assorted 100% Fruit Juice

Thursday, September 28

Whole Grain Waffles with
 Sausage Links
 OR
 Bacon, Egg, and Cheese
 Sandwich on WW Bun

Add To Any Meal:
 Low Fat String Cheese
 Low Fat Yogurt
 Assorted Chilled Fruit Cup
 Assorted Fresh Fruit
 Assorted 100% Fruit Juice

Friday, September 29

Whole Grain Breakfast
 Pizza with Sausage
 OR
 Sausage, Egg, and Cheese
 Sandwich on WW Bun

Add To Any Meal:
 Low Fat String Cheese
 Low Fat Yogurt
 Assorted Chilled Fruit Cup
 Assorted Fresh Fruit
 Assorted 100% Fruit Juice

DIVE BOMBER



Yellow jackets just love to attack soda cans this time of year. Why? Well, they've had all summer to build up their populations, and most of their natural food sources are starting to dry up. There's a solution, though – yellow jackets won't go near a bottle of water!

ANIMAL APPEALS