### Menus for September 2020

**Snyder-Girotti Elementary School Breakfast Menu**

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

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**First things First**

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!

### 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 Appetites

#### Wed., September 9

**WELCOME BACK!**

- Whole Grain Pancakes
- 100% Fruit Juice
- Fruit Choice
- Milk Choice

**Alternate:**

- Whole Grain Cereal (2)
- Low Fat String Cheese

#### Thursday, September 10

- Whole Grain Muffin
- 100% Fruit Juice
- Fruit Choice
- Milk Choice

**Alternate:**

- Whole Grain Cereal (2)
- Low Fat String Cheese

#### Friday, September 11

- Whole Grain French Toast
- 100% Fruit Juice
- Fruit Choice
- Milk Choice

**Alternate:**

- Whole Grain Cereal (2)
- Low Fat String Cheese

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**Fruit Choices**

- Applesauce, Pears, Peaches, Pineapples, Mixed Fruit, Mandarin Oranges
- Fresh Apples, Oranges, Bananas, Grapes, Kiwi, Strawberries

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**Remembering our Heroes on September 11, and showing our support for them all year round.**

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**By the Numbers**

- The average American adult male weighs 195.7 pounds.
- The average adult female weighs 166.3 pounds.

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**Monday, September 14**

- Egg & Cheese Sandwich on Whole Wheat Bun
- 100% Fruit Juice
- Fruit Choice
- Milk Choice

**Alternate:**

- Whole Grain Cereal (2)
- Low Fat String Cheese

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**Tuesday, September 15**

- Whole Grain Pop Tart
- 100% Fruit Juice
- Fruit Choice
- Milk Choice

**Alternate:**

- Whole Grain Cereal (2)
- Low Fat String Cheese

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**Wednesday, September 16**

- WG Waffles
- 100% Fruit Juice
- Fruit Choice
- Milk Choice

**Alternate:**

- Whole Grain Cereal (2)
- Low Fat String Cheese

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**Thursday, September 17**

- Whole Grain Muffin
- 100% Fruit Juice
- Fruit Choice
- Milk Choice

**Alternate:**

- Whole Grain Cereal (2)
- Low Fat String Cheese

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**Friday, September 18**

- Whole Grain Pancakes
- 100% Fruit Juice
- Fruit Choice
- Milk Choice

**Alternate:**

- Whole Grain Cereal (2)
- Low Fat String Cheese
<table>
<thead>
<tr>
<th>Monday, September 21</th>
<th>Tuesday, September 22</th>
<th>Wed., September 23</th>
<th>Thursday, September 24</th>
<th>Friday, September 25</th>
</tr>
</thead>
</table>
| WG Pancake & Sausage on a Stick  
100% Fruit Juice  
Fruit Choice  
Milk Choice | WG Plain or Cinnamon Raisin Bagel with Jelly  
100% Fruit Juice  
Fruit Choice  
Milk Choice | Bacon, Egg, & Cheese Sandwich on WW Bun  
100% Fruit Juice  
Fruit Choice  
Milk Choice | Apple Cinnamon Oatmeal  
100% Fruit Juice  
Fruit Choice  
Milk Choice | Whole Grain Waffles  
100% Fruit Juice  
Fruit Choice  
Milk Choice |

**Alternate:**  
Whole Grain Cereal (2)  
Low Fat String Cheese  

<table>
<thead>
<tr>
<th>Monday, September 28</th>
<th>Tuesday, September 29</th>
<th>Wed., September 30</th>
<th>Breakfast</th>
<th>Lunch</th>
</tr>
</thead>
</table>
| Whole Grain Pancakes  
100% Fruit Juice  
Fruit Choice  
Milk Choice | Whole Grain Muffin  
100% Fruit Juice  
Fruit Choice  
Milk Choice | Egg & Cheese Sandwich on Whole Wheat Bun  
100% Fruit Juice  
Fruit Choice  
Milk Choice | $1.00 | $2.50 |

**Alternate:**  
Whole Grain Cereal (2)  
Low Fat String Cheese  

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**Ticklers**  
What do you call a Gorilla with a banana in each ear?  
(Hold the page upside down and read it in a mirror for the answer!)

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**Brain**

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**Nutrition Togo**

Despite persistent urban legends to the contrary, eating a watermelon seed will not cause a plant to sprout in your stomach! And, anyway, most of the watermelons sold today are seedless. That’s too bad – the seeds roasted with a little olive oil and salt are a crunchy snack loaded with protein and other nutritious goodies!

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**EAT BETTER.**  
**PLAY HARDER.**  
**LIVE HEALTHIER.**  
**LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!**

This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!