

SEPTEMBER 2023

FlatRiver Academy

BREAKFAST



Cereal K-3
Nutri Bar 4-8



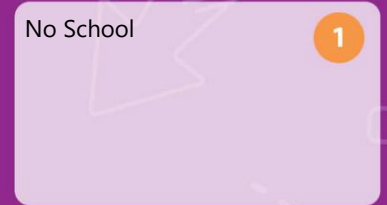
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Labor Day
No School

4

Muffin
Cheese Stick
Cup of Fruit
Juice
Choice of Milk

5

Waffle
Cheese Crackers
Cup of Fruit
Juice
Choice of Milk

6

Bagel
Scooby Snack
Cup of Fruit
Juice
Choice of Milk

7

Powdered Donuts
Yogurt
Cup of Fruit
Juice
Choice of Milk

8

Pop Tart
Yogurt
Cup of Fruit
Juice
Choice of Milk

11

Muffin
Cheese Stick
Cup of Fruit
Juice
Choice of Milk

12

Pan Cake
Cheese Cracker
Cup of Fruit
Juice
Choice of Milk

13

Bagel
Scooby Snack
Cup of Fruit
Juice
Choice of Milk

14

Cinnamon Toast
Yogurt
Cup of Fruit
Juice
Choice of Milk

15

Pop Tart
Yogurt
Cup of Fruit
Juice
Choice of Milk

18

Muffin
Cheese Stick
Cup of Fruit
Juice
Choice of Milk

19

Waffle
Cheese Crackers
Cup of Fruit
Juice
Choice of Milk

20

Bagel
Scooby Snack
Cup of Fruit
Juice
Choice of Milk

21

Powdered Donuts
Yogurt
Cup of Fruit
Juice
Choice of Milk

22

Pop Tart
Yogurt
Cup of Fruit
Juice
Choice of Milk

25

Muffin
Cheese Stick
Cup of Fruit
Juice
Choice of Milk

26

Pan Cake
Cheese Cracker
Cup of Fruit
Juice
Choice of Milk

27

Bagel
Scooby Snack
Cup of Fruit
Juice
Choice of Milk

28

Cinnamon Toast
Yogurt
Cup of Fruit
Juice
Choice of Milk

29