



# SEPTEMBER | 2017

## Chattanooga Girls Leadership Academy Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Yogurt Parfait with Whole Grain Granola Choice of Fruit Choice of 100% Fruit Juice Choice of Milk Milk
4 HOLIDAY- NO SCHOOL	5 Whole Grain Donut Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	6 Yogurt Parfait with Whole Grain Granola Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	7 Whole Grain Oatmeal Bar Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	8 Whole Grain Cherry Apple Crunch Bar Choice of Fruit Choice of 100% Fruit Juice Choice of Milk Enter Text Here
11 Whole Grain Donut Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	12 Whole Grain Biscuit with Jelly Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	13 Mini Maple Pancakes Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	14 Turkey Bacon with Toast Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	15 Whole Grain Mini Bagels Choice of Fruit Choice of 100% Fruit Juice Choice of Milk
18 Whole Grain Cherry Apple Crunch Bar Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	19 Whole Grain Assorted Muffins Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	20 Whole Grain Waffle Sticks Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	21 Whole Grain Biscuit With Chicken Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	22 Yogurt Parfait with Whole Grain Granola Choice of Fruit Choice of 100% Fruit Juice Choice of Milk
25 Whole Grain Mini Bagels Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	26 Whole Grain Donut Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	27 Yogurt Parfait with Whole Grain Granola Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	28 Whole Grain Oatmeal Bar Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	29 Whole Grain Cherry Apple Crunch Bar Choice of Fruit Choice of 100% Fruit Juice Choice of Milk Enter Text Here Enter Text Here

### News

**Breakfast Includes up to 1 of each:**

**>Entrée (includes grain & sometimes meat/meat alternative)**

**> 100% Fruit Juice\***

**> Whole Fruit\***

**>Choice of Low-Fat or Fat-Free Mayfield's Milk**

**\*A breakfast must include a hot or cold entrée (whole grain and sometimes a meat/meat alternative) and at least 1 fruit or 1 serving of 100% fruit juice**

**> Other Daily Breakfast Options: Assorted Cereal and Whole Grain Breakfast Pastry**