



# September 2019

## In Season Grapes

One cup of grapes, with about 100 calories, provides more than a quarter of the daily recommended values of vitamins K and C. Grape seeds, which are edible, are full of antioxidants. Grapes are a kind berry. They have a leathery covering and a fleshy inside, similar to blueberries.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Labor Day **2**

No school **3**

No School **4**

Pancake wrap **5**

Cinnamon Dutch waffle **6**

Pancake, Egg & cheese breakfast sandwich **9**

Classic Waffle **10**

Glazed donut **11**

Pancakes & sausage **12**

Biscuit, sausage & gravy **13**

Sausage, Egg and cheese sandwich **16**

Cinnamon French Toast **17**

Breakfast platter  
Scrambled eggs, sausage links, hash browns **18**

Pancake wrap **19**

Cinnamon Dutch waffle **20**

Pancake, Egg & cheese breakfast sandwich **23**

Classic Waffle **24**

Glazed donut **25**

Pancakes & sausage **26**

Biscuit, sausage & gravy **27**

Sausage, Egg and cheese sandwich **30**

## Announcements

### Daily options:

- Oatmeal
- Cereal
- Grab & go bags
- Yogurt Parfait

## Meal Prices

Students: \$1.55  
Adults: \$2.15