

Menu Name : September 2023 K-12 B Bagged Breakfast No Cereal Menu

Grade Level / Age Group : K-12 Grades

Meal Pattern : NSLP

Meal: Breakfast

Breakfast	Chef Spotlight				Friday, September 1, 2023	Week III
	<i>JOSEPH SWINNEY - SUMMER CAMP OPERATIONS MANAGER</i>				* Student Favorite* Low Sugar WG Honey Bun (2 items)	
	Chicken Salad Sandwich				100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each) <i>Chef's Choice may be offered</i>	
<i>One of my Family favorites for springtime would be my Chicken Salad recipe and its perfect for BBQ's and picnics. I have even brought some on the boat when fishing and recently I was able to make it into a vegetarian recipe by substituting lightly smashed Chickpea instead of the Chicken chunks. - Joseph</i>						

Breakfast	Monday, September 4, 2023	Tuesday, September 5, 2023	Wednesday, September 6, 2023	Thursday, September 7, 2023	Friday, September 8, 2023	Week IV
	WG Cinnamon Swirl (2 items)	Banana Muffin (2 items)	* Student Favorite* Low Sugar Whole Grain Apple Fitter Bun (2 items)	Delicious Mini Pancake Bites (2 items)	* Student Favorite* Low Sugar WG Chocolate Enrobed Donut (2 items)	
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	
	<i>Chef's Choice may be offered</i>					

Breakfast	Monday, September 11, 2023	Tuesday, September 12, 2023	Wednesday, September 13, 2023	Thursday, September 14, 2023	Friday, September 15, 2023	Week V
	Fruit Strudel (2 items)	Apple Cinnamon Muffin (2 items)	Delicious Mini Pancake Bites (2 items)	Low Sugar WG Cinnamon Roll (2 items)	* Student Favorite* Low Sugar Whole Grain Chocolate Cake Donut (2 items)	
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	
	<i>Chef's Choice may be offered</i>					

Breakfast	Monday, September 18, 2023	Tuesday, September 19, 2023	Wednesday, September 20, 2023	Thursday, September 21, 2023	Friday, September 22, 2023	Week VI
	Banana Muffin (2 items)	Favorite Mini Cinnis (2 items)	Strawberry Hand Pie (2 items)	Sliced Plain Bagel & Cream Cheese (2 items)	* Student Favorite* Low Sugar 4 Pack Glazed Mini Breakfast Bites (2 items)	
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	
	<i>Chef's Choice may be offered</i>					

Breakfast	Monday, September 25, 2023	Tuesday, September 26, 2023	Wednesday, September 27, 2023	Thursday, September 28, 2023	Friday, September 29, 2023	Week I
	WG Chocolate Swirl Breakfast Roll (2 items)	Cinnamon Crumble Top Breakfast Loaf (2 Items)	WG Banana Oatmeal Breakfast Round (2 items)	Whole Grain Chocolate Chip Muffin (2 items)	Low Sugar Whole Grain Cake Donut (2 items)	
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	
	<i>Chef's Choice may be offered</i>					

*** Three items meet USDA Requirements (One item must be fruit) ***

CHICKEN SALAD SANDWICH

Ingredients	Steps	Serves 2-3
<ul style="list-style-type: none"> • ¼ cup Mayonnaise • 1/2 lbs Chicken (chunked) • 1 cup Grapes (halved) • 1 Gala Apple (diced) • ½ cup Red Onion (finely diced) • 1/3 cup Celery (finely diced) • 2 tablespoon Honey Mustard • ¼ teaspoon Garlic Powder • 1/4 teaspoon Black Pepper • ½ teaspoon salt • ¼ teaspoon smoked paprika 	<ol style="list-style-type: none"> 1 Break down cooked chicken into chunks. 2 Dice apple, onion, celery, slice grapes in half. 3 Combine everything, mix till well incorporated. 4 Serve on croissant with lettuce. 	

October 2023 Menu (Subject to Change)

	Monday, October 2, 2023	Tuesday, October 3, 2023	Wednesday, October 4, 2023	Thursday, October 5, 2023	Friday, October 6, 2023	
Breakfast	WG Apple Mini Bites (2 items)	Orange Dream Muffin (2 items)	Sliced Raisin Bagel & Cream Cheese (2 items)	Delicious Mini Pancake Puffs (2 items)	WG Cinnamon Swirl (2 items)	Week II
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	
<i>Chef's Choice may be offered</i>						

	Monday, October 9, 2023	Tuesday, October 10, 2023	Wednesday, October 11, 2023	Thursday, October 12, 2023	
Breakfast	Low Sugar Whole Grain Cake Donut (2 items)	WG Chocolate Chip Muffin (2 items)	Apple Frudel (2 items)	Banana Breakfast Bread (2 items)	Week III
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	
<i>Chef's Choice may be offered</i>					