






**SELMAN INTERMEDIATE & SEALY JR. HIGH
SCHOOL BREAKFAST
SEPTEMBER 2016
Menu Subject to change**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Sausage Rolls Cereal w/graham crackers Home Made Blueberry Muffin Tops Fresh Fruit Chilled Fruit Assorted Juice Assorted Milk	2 Home Made Cinnamon Rolls Cereal w/graham crackers Yogurt w/graham crackers Fresh Fruit Chilled Fruit Assorted Juice Assorted Milk
5 LABOR DAY! NO SCHOOL!	6 Whole Grain Powdered Doughnuts Cereal w/graham crackers Benefit Bars Fresh Fruit Chilled Fruit Assorted Juice Assorted Milk	7 Breakfast Quesadillas Cereal w/graham crackers Cereal Bars w/graham crackers Fresh Fruit Chilled Fruit Assorted Juice Assorted Milk	8 Pancakes & Sausage Cereal w/graham crackers Muffin Tops Fresh Fruit Chilled Fruit Assorted Milk	9 Home Made Cinnamon Rolls Cereal w/graham crackers Yogurt w/graham crackers Fresh Fruit Chilled Fruit Assorted Juice Assorted Milk
12 Pancake on Stick Cereal w/graham crackers Poptarts w/graham crackers Fresh Fruit Chilled Fruit Assorted Juice Assorted Milk	13 Breakfast Bagel Cereal w/graham crackers Breakfast Rounds Fresh Fruit Chilled Fruit Assorted Juice Assorted Milk	14 Bean & Cheese Burrito Cereal w/graham crackers Cereal Bars w/graham crackers Fresh Fruit Chilled Fruit Assorted Juice Assorted Milk	15 Blueberry Pancake Sandwich Home Made Blueberry Muffin Tops Cereal w/graham crackers Fresh Fruit Chilled Fruit Assorted Juice Assorted Milk	16 Home Made Cinnamon Rolls Cereal w/graham crackers Yogurt w/graham crackers Fresh Fruit Chilled Fruit Assorted Juice Assorted Milk
19 Home Made Bread Pudding Cereal w/graham crackers Poptarts w/graham crackers Fresh Fruit Chilled Fruit Assorted Juice Assorted Milk	20 Breakfast Pizza Cereal w/graham crackers Benefit Bars Fresh Fruit Chilled Fruit Assorted Juice Assorted Milk	21 Chicken Biscuit Cereal w/graham crackers Cereal Bars w/graham crackers Fresh Fruit Chilled Fruit Assorted Juice Assorted Milk	22 Sausage Rolls Cereal w/graham crackers Home Made Blueberry Muffin Tops Fresh Fruit Chilled Fruit Assorted Juice Assorted Milk	23 STUDENT HOLIDAY NO SCHOOL!
26 Glazed French Toast Cereal w/graham crackers Poptarts w/graham crackers Fresh Fruit Chilled Fruit Assorted Juice Assorted Milk	27 Whole Grain Powdered Doughnuts Cereal w/graham crackers Benefit Bars Fresh Fruit Chilled Fruit Assorted Juice Assorted Milk	28 Breakfast Quesadillas Cereal w/graham crackers Cereal Bars w/graham crackers Fresh Fruit Chilled Fruit Assorted Juice Assorted Milk	29 Pancakes & Sausage Cereal w/graham crackers Muffin Tops Fresh Fruit Chilled Fruit Assorted Milk	30 Home Made Cinnamon Rolls Cereal w/graham crackers Yogurt w/graham crackers Fresh Fruit Chilled Fruit Assorted Juice Assorted Milk

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