


Central Breakfast
September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2  Body	3 Blueberry overnight Oats	4 Apple Cinnamon Sheet pancakes	5 Mango Smoothie	6 Sausage Muffin	7
8	9 Carrot Cake Muffin	10 Vanilla Yogurt Parfait	11 Eggy Eggrolls	12 Mixed Berry Smoothie	13 Sausage Muffin	14
15	16 Blueberry Muffin	17 Strawberry Chocolate overnight Oats	18 Breaky Tacos	19 Chunky Monkey smoothie	20 Sausage Muffin	21
22	23 Banana Bread	24 Blueberry overnight Oats	25 Apple Cinnamon Sheet pancakes	26 Mango Smoothie	27 Sausage Muffin	28
29	30 Carrot Cake Muffin					

All Breakfast is FREE to all students. With the daily choices we also have cereal daily, or a breakfast bento box (hardboiled egg, yogurt, belly bears), bagel with jelly and cream cheese, a choice of milk, fruit and juice daily. In order for the meal to be free students must have a reimbursable meal and take 3 out of the 4 offered items. One of those must be a fruit or vegetable.