

August/ September Elementary Breakfast Menu

Try Peaches

- On top of your breakfast cereal
- Stewed with a little brown sugar and cinnamon – a great topping for pancakes, waffles and french toast
- As a sweet satisfying snack
- In a fruit crisp or cobbler

Peaches can be combined with savory ingredients like onions, jalapeno peppers, garlic and ginger to make peach chutney – a flavorful condiment for roasted meats.

You can view our Menu and other good stuff at:

<http://www.chartwellsschooldining.com/rps/content/menus.asp>

Monday	Tuesday	Wednesday	Thursday	Friday
CLOSED	31 Continental Breakfast	1 Continental Breakfast	2 Continental Breakfast	3 CLOSED
6 CLOSED	7 Cold Cereal Apple Muffin Fresh Orange 1% or Skim Milk	8 Fruited Yogurt Corn Muffin 1% or Skim Milk	9 Pancakes Syrup 1% or Skim Milk	10 Bagel w/ Lo Fat Cream Cheese or Jelly Fresh Fruit Cup 1% or Skim Milk
13 Cold Cereal Blueberry Muffin Fresh Orange 1% or Skim Milk	14 Cheese Omelet 1% or Skim Milk	15 Fruited Yogurt Apple Muffin 1% or Skim Milk	16 French Toast Stix 1% or Skim Milk	17 Bagel w/ Lo Fat Cream Cheese or Jelly Fresh Fruit Cup 1% or Skim Milk
20 Cold Cereal Blueberry Muffin Fresh Orange 1% or Skim Milk	21 Egg, Ham & Cheese On English Muffin 1% or Skim Milk	22 Fruited Yogurt Corn Muffin 1% or Skim Milk	23 Pancakes Syrup 1% or Skim Milk	24 Bagel w/ Lo Fat Cream Cheese or Jelly Fresh Fruit Cup 1% or Skim Milk
27 Cold Cereal Apple Muffin Fresh Orange 1% or Skim Milk	28 French Toast Stix 1% or Skim Milk	29 Fruited Yogurt Corn Muffin 1% or Skim Milk	30 Bagel w/ Lo Fat Cream Cheese or Jelly Fresh Fruit Cup 1% or Skim Milk	OCT 1 CLOSED



Welcome to our
"Better Breakfast" Program.
Remember to begin your day with
a healthy breakfast.
It may even help you to do better with
your schoolwork!

Our Breakfast Program follows the
USDA's Nutritional Guidelines.

- No artificial trans fat.
- Minimum of 3 grams of fiber
- No deep-fried foods
- No added fat, sugar or excessive sodium
- Lean protein products
- Low fat / non fat yogurt w/less than 5 grams of sugar per ounce
- Reduced fat, low-fat, non-fat cheeses
- Cereal may contain no more than 5 grams of sugar unless it provides 3 or more grams of fiber
- Bread products should contain whole grains whenever possible

All meals are served with a choice of milk:
Skim or 1%
(Low Fat Chocolate Milk offered twice a week)

Fresh Fruit Available Daily

Friendly Reminder

**You are automatically eligible to receive a Free or Reduced Breakfast
if you qualify for a Free or Reduced Lunch!
*Always begin your day with a good breakfast!***