

# North Palos School District

September 2021

## Breakfast

8/30

Mini Cinnamon  
Crunch Bagel  
String Cheese  
Orange  
Milk

8/31

Strawberry  
Pancakes W/Syrup  
String Cheese  
Juice  
Milk

9/1

Chocolate Chip  
Muffin  
String Cheese  
Flavored Applesauce  
Milk

2

Cocoa Puff Cereal  
Bar  
St/Banana Yogurt  
Orange  
Milk

3

Donut Holes  
String Cheese  
Craisins  
Milk

6

**Labor Day**  
  
**No School**

7

Granola Bar  
St/Banana Yogurt  
Apple  
Milk

8

Benefit Bar  
Cheese Cubes  
Flavored Applesauce  
Milk

9

Honey Graham  
Crackers  
String Cheese  
Juice  
Milk

10

Team Cheerios Bar  
String Cheese  
Craisins  
Milk

13

Cinnamon Bun  
Crunchmania Crackers  
String Cheese  
Flavored Applesauce  
Milk

14

Mini Cinnamon Rolls  
St/Banana Yogurt  
Apple  
Milk

15

Benefit Bar  
String Cheese  
Juice  
Milk

16

Mini Pancakes  
W/Syrup  
String Cheese  
Apple  
Milk

17

Donut Holes  
String Cheese  
Craisins  
Milk

20

French Toast Sticks  
W/Syrup  
String Cheese  
Juice  
Milk

21

Blueberry Muffin  
String Cheese  
Fruit Cup  
Milk

22

Breakfast Round  
String Cheese  
Flavored Applesauce  
Milk

23

Cinnamon Chex  
Cereal  
String Cheese  
Orange  
Milk

24

Team Cheerios Bar  
String Cheese  
Flavored Craisins  
Milk

27

Mini Cinnamon  
Crunch Bagel  
String Cheese  
Orange  
Milk

28

Strawberry  
Pancakes W/Syrup  
String Cheese  
Juice  
Milk

29

Chocolate Chip  
Muffin  
String Cheese  
Flavored Applesauce  
Milk

30

Cocoa Puff Cereal  
Bar  
St/Banana Yogurt  
Orange  
Milk

10/1

Donut Holes  
String Cheese  
Craisins  
Milk

### Breakfast Free to all students

Milk Offered Daily as part of a meal

### All menus meet or exceed current USDA or state-specific Dietary Guidelines for the Healthy, Hunger-Free Kids Act.

All of our grain products are whole-grain rich

\*Menus are subject to change without notice\*