

Segue K Breakfast Menu

30  Local Breakfast Apple Round	31 Whole Grain Waffles	1  Local Rainbow Muffin Local Red Delicious Apple	2 Bagel with Cream Cheese	3 Blueberry Muffin
6 No School Labor Day	7 Cinnamon Chex	8  Local Breakfast Banana Round	9  Whole Grain Pancakes Local Golden Delicious Apple	10 Yogurt Fun Breakfast Lucky "Tray" Day
113  Local Cranberry Orange Breakfast Muffin	14  Whole Grain Biscuit with Egg, Ham and Cheese	15 Whole Grain French Toast With syrup in the middle	16  Local Rainbow Breakfast Muffin	17 Bagel with Cream Cheese
20  Cheerios Local Macintosh Apple	21 Banana Muffin Orange Smiles	22 Whole Grain Biscuit with Egg, Ham and Cheese	23 Bagel with Sun Butter	24  Local Cinnamon Breakfast Muffin
27  Bagel with Cream Cheese Local Red Delicious Apple	28  Local Cranberry Orange Breakfast Muffin	29 No School PD Day	30 Whole Grain Biscuit with Egg and Cheese	

All meals come with whole fruit, 100% fruit juice, and 1% white or fat free chocolate milk.



All items are made with whole grains.
Menu is subject to change.
This institution is an equal opportunity provider.