




BREAKFAST MENU

CERES™
FOOD GROUP
Aug-Sept 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August 16, 2010	August 17, 2010	August 18, 2010	August 19, 2010	August 20, 2010
Corn Puffs Mixed Fruit Cup Apple Spice Bread	Non-Fat Fruited Yogurt Fresh Fruit Homemade Granola Bar	Waffles Fresh Apple Trail Mix Syrup 	Cinnamon Raisin Bagel 100% Fruit Juice Cream Cheese	Multigrain Cheerios Sour Apple Applesauce Oatmeal Breakfast Grain Bar
Welcome Back!				
August 23, 2010	August 24, 2010	August 25, 2010	August 26, 2010	August 27, 2010
Apple Cinnamon Cheerios Fresh Fruit Mini Blueberry Loaf 	Egg & Cheese on a Bun Sausage Links* 100% Fruit Juice	Canadian Bacon with Bagelette Tater Tots Strawberry-Banana Applesauce Blueberry Fruit & Grain Bar Ketchup	French Toast Sticks 100% Fruit Juice Banana Bread	Non-Fat Fruited Yogurt Fresh Apple Homemade Granola Bar 
August 30, 2010	August 31, 2010	September 1, 2010	September 2, 2010	September 3, 2010
Honey Kix Pears Trail Mix	Honey Apple Bagel Fresh Fruit Cream Cheese	Baking Powder Biscuit Sausage Patty* Tater Tots 100% Fruit Juice Ketchup Strawberry Jam	Whole-Grain Pancakes Fresh Fruit Syrup 	Corn Puffs Peaches Apple Spice Bread
September 6, 2010	September 7, 2010	September 8, 2010	September 9, 2010	September 10, 2010
Labor Day	Waffles Fresh Apple Banana Breakfast Grain Bar Syrup 	Kellogg's Rice Krispies Fresh Fruit Homemade Granola Bar	Canadian Bacon with Bagelette Tater Tots Cinnamon Applesauce Whole-Grain Cherry Turnover Ketchup	Bite-Size Mini Wheats Peaches Carrot Bread
September 13, 2010	September 14, 2010	September 15, 2010	September 16, 2010	September 17, 2010
Cheerios Strawberry Applesauce Banana Bread 	Warm Bagel Fresh Fruit Cream Cheese	Egg & Cheese on an English Muffin Tater Tots 100% Fruit Juice Blueberry Fruit & Grain Bar Ketchup	Whole-Grain Pancakes Pears Syrup 	Honey Kix Fresh Apple 100% Fruit Juice Oatmeal Breakfast Grain Bar 
September 20, 2010	September 21, 2010	September 22, 2010	September 23, 2010	September 24, 2010
Corn Puffs Mixed Fruit Cup Apple Spice Bread	Non-Fat Fruited Yogurt Fresh Fruit Homemade Granola Bar	Waffles Fresh Fruit Trail Mix Syrup 	Cinnamon Raisin Bagel 100% Fruit Juice Cream Cheese	Multigrain Cheerios Wild Watermelon Applesauce Oatmeal Breakfast Grain Bar
September 27, 2010	September 28, 2010	September 29, 2010	September 30, 2010	
Apple Cinnamon Cheerios Fresh Fruit Mini Blueberry Loaf	Egg & Cheese on a Bun Sausage Links* Fresh Apple 	Canadian Bacon with Bagelette Tri-Taters Applesauce Blueberry Fruit & Grain Bar Ketchup 	French Toast Sticks 100% Fruit Juice Banana Bread	

Meals Served with Milk

Milk Provided by Ceres Contains No Growth Hormones or Antibiotics