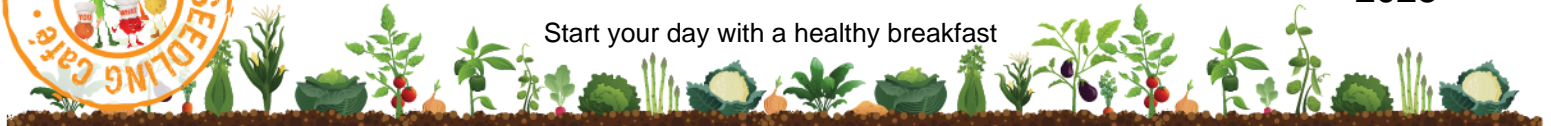




SMYER ISD BREAKFAST MENU

September
2023

Start your day with a healthy breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Breakfast Pizza Choice of Cereal Graham Crackers Fresh Fruit Bar 100% Apple Juice 1% Unflavored Milk Fat Free Chocolate Milk
4	5 Pancakes Sausage Patty Choice of Cereal Graham Crackers Juice Selection Fruit Selection Milk Fat Free Chocolate Milk	6 Choice of Muffin Cheese Stick Choice of Cereal Graham Crackers Juice Selection Fruit Selection Milk Fat Free Chocolate Milk	7 Cinnamon Roll Choice of Cereal Graham Crackers Fruit Selection Juice Selection Milk Fat Free Chocolate Milk	8 Breakfast Banana Split or Yogurt Parfait Choice of Cereal Graham Crackers Juice Selection Fruit Selection Milk Fat Free Chocolate Milk
11 Pancake on a Stick Choice of Cereal Graham Crackers Juice Selection Fruit Selection Milk Fat Free Chocolate Milk	12 Choice of Breakfast Pizza Choice of Cereal Graham Crackers Juice Selection Fruit Selection Milk Fat Free Chocolate Milk	13 Choice of Snackbread Choice of Cereal Graham Crackers Juice Selection Fruit Selection Milk Fat Free Chocolate Milk	14 Breakfast Bowl Choice of Cereal Graham Crackers Juice Selection Fruit Selection Milk Fat Free Chocolate Milk	15 Waffles Bacon Choice of Cereal Graham Crackers Juice Selection Fruit Selection Milk Fat Free Chocolate Milk
18 Donuts Cheese Bosco Stick Choice of Cereal Graham Crackers Juice Selection Fruit Selection Milk Fat Free Chocolate Milk	19 Cheesy Ham Melt Choice of Cereal Graham Crackers Juice Selection Fruit Selection Milk Fat Free Chocolate Milk	20 Homemade Coffee Cake Choice of Cereal Graham Crackers Juice Selection Fruit Selection Milk Fat Free Chocolate Milk	21 Banana Blueberry Muffin Choice of Cereal Graham Crackers Juice Selection Fruit Selection Milk Fat Free Chocolate Milk	22 Breakfast Burrito Choice of Cereal Graham Crackers Juice Selection Fruit Selection Milk Fat Free Chocolate Milk
25 Bagel w/ Cream Cheese Choice of Cereal Graham Crackers Juice Selection Fruit Selection Milk Fat Free Chocolate Milk	26 Choice of Blenderless Smoothie Choice of Cereal Graham Crackers Juice Selection Fruit Selection Milk Fat Free Chocolate Milk	27 Breakfast Flatbread Choice of Cereal Graham Crackers Juice Selection Fruit Selection Milk Fat Free Chocolate Milk	28 Choice of Egg Choice of Grain Choice of Cereal Graham Crackers Juice Selection Fruit Selection Milk Fat Free Chocolate Milk	29 Cinnamon Roll Choice of Cereal Graham Crackers Juice Selection Fruit Selection Milk Fat Free Chocolate Milk

PRICES

Students FREE
Adult Breakfast \$2.75

EXTRA INFO

For questions, please contact Food Service
Director Rosy Rivera
rosa.rivera@smyer-isd.com
*Choice of Milk: 1% White or Chocolate

HARVEST OF



THE MONTH

Download our app
Taher Food4Life®



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