


Monday	Tuesday	Wednesday	Thursday	Friday
<p>Scan the QR code to access nutrition information, allergen information, and specific fruit offerings</p> 			<p>5 Berry Parfait<sup>V</sup> OR Purple People Eater Smoothie<sup>V</sup> with choice of one additional item</p>	<p>6 Cinnamon Brown Sugar Oatmeal<sup>V</sup> OR Green Monster Smoothie<sup>V</sup> and choice of one additional item</p>
<p>9 Egg Quesadilla with Veggies<sup>V</sup></p>	<p>10 Egg, Sausage &amp; Cheese Sandwich<sup>H</sup> OR Strawberry Banana Smoothie<sup>V</sup> and choice of one additional item</p>	<p>11 Homemade Banana Oat Muffin<sup>V</sup> and choice of one additional item OR Green Monster Smoothie<sup>V</sup> and choice of one additional item</p>	<p>12 Strawberry Overnight Oats<sup>V</sup> OR Cocoa Strawberry Smoothie<sup>V</sup> and choice of one additional item</p>	<p>13 French Toast Muffin<sup>V</sup> and choice of one additional item OR Purple People Eater Smoothie and choice of one additional item</p>
<p>16 Veggie Egg Bite with English Muffin</p>	<p>17 Sausage &amp; Cheese English Muffin<sup>H</sup> OR Strawberry Banana Smoothie<sup>V</sup> and choice of one additional item</p>	<p>18 Homemade Blueberry Muffin<sup>V</sup> and choice of one additional item OR Pineapple Banana Smoothie<sup>V</sup> and choice of one additional item</p>	<p>19 Berry Parfait<sup>V</sup> OR Purple People Eater Smoothie<sup>V</sup> with choice of one additional item</p>	<p>20 Cinnamon Brown Sugar Oatmeal<sup>V</sup> OR Green Monster Smoothie<sup>V</sup> and choice of one additional item</p>
<p>23 Egg Quesadilla with Veggies<sup>V</sup></p>	<p>24 Egg, Sausage &amp; Cheese Sandwich<sup>H</sup> OR Strawberry Banana Smoothie<sup>V</sup> and choice of one additional item</p>	<p>25 Local Cranberry Muffin<sup>V</sup> and choice of one additional item OR Green Monster Smoothie<sup>V</sup> and choice of one additional item</p>	<p>26 Strawberry Overnight Oats<sup>V</sup> OR Cocoa Strawberry Smoothie<sup>V</sup> and choice of one additional item</p>	<p>27 Local Cranberry Muffin<sup>V</sup> and choice of one additional item OR Purple People Eater Smoothie and choice of one additional item</p>
<p>30 Veggie Egg Bite with English Muffin</p>				

# BPS EATS

## SEPTEMBER BREAKFAST MENU

**Additional Daily Breakfast Options**  
**\*Pick Up to 2 Items** - Cinnamon Chex, Rice Chex, Cheerios, Multigrain Cheerios, Mozzarella Cheese Stick, Cinnamon Grahams, Hard Boiled Egg, Non-Fat Vanilla Yogurt, Jeff's Granola  
**\*One item listed above can be paired with a smoothie, bagel, or muffin when these options are on the menu**

- Milk Choices:**  
 Nonfat & 1% Unflavored Milk
- Menu Details:**
- All grain products are whole grain-rich (WG)
  - Meats are lean and cheeses are low-fat
  - A variety of fruits offered daily with all entrees
  - Menus are peanut aware
  - “V” indicates vegetarian meal option
  - “H” indicates halal version available
  - Kosher meals are available upon request by families
  - Please note: If you have a food allergy please speak to the school nurse and advise your kitchen manager



**Did You Know?**  
 Breakfast and Lunch are **FREE** for all students  
 Menu is subject to change  
 This institution is an equal opportunity provider  
**Breakfast Menu 1**

# BPS EATS SEPTEMBER PRESCHOOL BREAKFAST MENU

- Menu Details:**
- 1% unflavored milk served with each meal
  - Local apples featured regularly
    - All grain products are whole grain-rich (WG)
  - Meats are lean and cheeses are low-fat
    - Menus are peanut aware
  - “V” indicates vegetarian meal option
  - “H” indicates halal version available
  - Kosher meals are available upon request by families



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**Preschool Breakfast Menu 1**

Monday	Tuesday	Wednesday	Thursday	Friday
Scan the QR code to access nutrition information, allergen information, and specific fruit offerings 				
9	10	11	12	13
Egg Quesadilla with Veggies <sup>V</sup> ~ Watermelon	Egg, Sausage & Cheese Sandwich <sup>H</sup> ~ Clementines	Homemade Banana Oat Muffin <sup>V</sup> ~ Apple	Strawberry Overnight Oats <sup>V</sup> ~ Pear	French Toast Muffin <sup>V</sup> ~ Banana
16	17	18	19	20
Veggie Egg Bite with English Muffin <sup>V</sup> ~ Watermelon	Sausage & Cheese English Muffin <sup>H</sup> ~ Clementines	Homemade Blueberry Muffin <sup>V</sup> ~ Apple	Vanilla Yogurt <sup>V</sup> ~ Pear	Cinnamon Brown Sugar Oatmeal <sup>V</sup> ~ Banana
23	24	25	26	27
Egg Quesadilla with Veggies <sup>V</sup> ~ Watermelon	Egg, Sausage & Cheese Sandwich <sup>H</sup> ~ Clementines	Local Cranberry Muffin <sup>V</sup> ~ Apple	Strawberry Overnight Oats <sup>V</sup> ~ Pear	Local Cranberry Muffin <sup>V</sup> ~ Banana
30				
Veggie Egg Bite with English Muffin <sup>V</sup> ~ Watermelon				