



# GCCS Breakfast in the Classroom Menu

## September 2018

<b>3</b> <b>NO SCHOOL</b> Labor Day	<b>4</b> <b>Jumbo Whole Grain Muffin</b>  Fruit Cocktail 100% Fruit Juice	<b>5</b> <b>Crunchmania Graham Crackers</b>  Banana 100% Fruit Juice	<b>6</b> <b>Mini Cinnamon Roll</b>  Craisins 100% Fruit Juice	<b>7</b> <b>Sausage Wrapped Pancake on a Stick</b>  Assorted Fresh Fruit 100% Fruit Juice
<b>10</b> <b>On the Go Cereal</b>  Apple Wedges 100% Fruit Juice	<b>11</b> <b>Egg &amp; Cheese Sandwich</b>  Fruit Cocktail 100% Fruit Juice	<b>12</b> <b>Jumbo Whole Grain Muffin</b>  Banana 100% Fruit Juice	<b>13</b> <b>Nutri-Grain Bar w/ Cheese Stick</b>  Craisins 100% Fruit Juice	<b>14</b> <b>Cherry Frudel</b>  Assorted Fresh Fruit 100% Fruit Juice
<b>17</b> <b>On the Go Cereal</b>  Apple Wedges 100% Fruit Juice	<b>18</b> <b>Mini Cinnamon Roll</b>  Fruit Cocktail 100% Fruit Juice	<b>19</b> <b>NO SCHOOL</b> Teacher's Only Day	<b>20</b> <b>Mini Maple Pancakes</b>  Craisins 100% Fruit Juice	<b>21</b> <b>Strawberry Banana Yogurt w/ Graham Crackers</b>  Assorted Fresh Fruit 100% Fruit Juice
<b>24</b> <b>On the Go Cereal</b>  Apple Wedges 100% Fruit Juice	<b>25</b> <b>Cherry Frudel</b>  Fruit Cocktail 100% Fruit Juice	<b>26</b> <b>Jumbo Whole Grain Muffin</b>  Banana 100% Fruit Juice	<b>27</b> <b>Sausage Breakfast Sandwich</b>  Craisins 100% Fruit Juice	<b>28</b> <b>Cream Cheese Filled Mini Bagels</b>  Assorted Fresh Fruit 100% Fruit Juice

Breakfast in the Classroom Menu is followed at:  
Northaven, Parkwood, Spring Hill, Wilson

**All student breakfasts are FREE!**  
Adult - \$2.10

**More info...**  
Milk Offered Daily – Choose Between Non-Fat White, 1% White or Skim Chocolate  
All grains offered are rich in whole wheat flour which increases the amount of vitamins, minerals, fiber and protein it contains.

Menus are subject to change without notice.