



# Sudan ISD September Breakfast Menu

September  
2023

Fuel your day with breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> <p>Biscuits &amp; Gravy</p> <p>Choice of Cereal Graham Crackers</p> <p>100% Orange Juice Canned Fruit Bar</p> <p>Milk</p>
<p>4 No School- Labor Day</p>	<p>5</p> <p>Breakfast Sandwich</p> <p>Choice of Cereal Graham Crackers</p> <p>100% Orange Juice Fresh Fruit Bar</p> <p>Milk</p>	<p>6</p> <p>Banana Choc Chip Muffin Cheese Stick</p> <p>Choice of Cereal Graham Crackers</p> <p>100% Fruit Punch Juice Fresh Fruit Bar</p> <p>Milk</p>	<p>7</p> <p>Cinnamon Roll</p> <p>Choice of Cereal Graham Crackers</p> <p>100% Apple Juice Canned Fruit Bar</p> <p>Milk</p>	<p>8</p> <p>Breakfast Banana Split Yogurt Parfait</p> <p>Choice of Cereal Graham Crackers</p> <p>100% Grape Juice Fresh Fruit Bar</p> <p>Milk</p>
<p>11</p> <p>Brekkie</p> <p>Choice of Cereal Graham Crackers</p> <p>100% Fruit Punch Juice Canned Fruit Bar</p> <p>Milk</p>	<p>12</p> <p>Breakfast Pizza</p> <p>Choice of Cereal Graham Crackers</p> <p>100% Orange Juice Fresh Fruit Bar</p> <p>Milk</p>	<p>13</p> <p>Apple Cinnamon Muffin Cheese Stick</p> <p>Choice of Cereal Graham Crackers</p> <p>100% Fruit Punch Juice Fresh Fruit Bar</p> <p>Milk</p>	<p>14</p> <p>Breakfast Bowl</p> <p>Choice of Cereal Graham Crackers</p> <p>100% Apple Juice Canned Fruit Bar</p> <p>Milk</p>	<p>15</p> <p>Mini Eggo Waffles</p> <p>Choice of Cereal Graham Crackers</p> <p>100% Grape Juice Fresh Fruit Bar</p> <p>Milk</p>
<p>18</p> <p>Mini Donut Cheese Stick</p> <p>Choice of Cereal Graham Crackers</p> <p>100% Fruit Punch Juice Fresh Fruit Bar</p> <p>Milk</p>	<p>19</p> <p>Cheesy Ham Melt</p> <p>Choice of Cereal Graham Crackers</p> <p>100% Orange Juice Canned Fruit Bar</p> <p>Milk</p>	<p>20</p> <p>Homemade Coffee Cake</p> <p>Choice of Cereal Graham Crackers</p> <p>100% Fruit Punch Juice Fresh Fruit Bar</p> <p>Milk</p>	<p>21</p> <p>Blueberry Breakfast Bark</p> <p>Choice of Cereal Graham Crackers</p> <p>100% Apple Juice Fresh Fruit Bar</p> <p>Milk</p>	<p>22</p> <p>Breakfast Burrito</p> <p>Choice of Cereal Graham Crackers</p> <p>100% Grape Juice Canned Fruit Bar</p> <p>Milk</p>
<p>25 No School</p>	<p>26</p> <p>Ba-Ba-Ba Banana Smoothie</p> <p>Choice of Cereal Graham Crackers</p> <p>100% Orange Juice Fresh Fruit Bar</p> <p>Milk</p>	<p>27</p> <p>Breakfast Flatbread</p> <p>Choice of Cereal Graham Crackers</p> <p>100% Fruit Punch Juice Canned Fruit Bar</p> <p>Milk</p>	<p>28</p> <p>Scrambled Egg Whole Grain Toast</p> <p>Choice of Cereal Graham Crackers</p> <p>100% Apple Juice Fresh Fruit Bar</p> <p>Milk</p>	<p>29</p> <p>Biscuits &amp; Gravy</p> <p>Choice of Cereal Graham Crackers</p> <p>100% Grape Juice Canned Fruit Bar</p> <p>Milk</p>

Adult Pricing

\$2.90

PRICES

EXTRA INFO

Choice of Milk: 1% White or Chocolate  
For questions please contact:  
Tonya Draper- Food Service Director  
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HARVEST OF



THE MONTH

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