

SEPTEMBER | 2022



OVS Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29	30	31	1 Breakfast Pizza (26g) Fresh Fruit 100% Fruit Juice (15g) Milk	2 Breakfast Ring (47g) Fruit Cup 100% Fruit Juice (15g) Milk
5 NO SCHOOL	6 Flapstick Fruit Cup 100% Fruit Juice (15g) Milk	7 Yogurt (12g) & Waffle (12g) Fresh Fruit Fruit Cup Milk	8 French Toast Bites (38g) Fruit Cup 100% Fruit Juice (15g) Milk	9 Breakfast Ring (47g) Fruit Cup 100% Fruit Juice (15g) Milk
12 Oatmeal Round (39g) Fresh Fruit Raisins (30g) Milk	13 Cinnamon Roll (53g) Fresh Fruit 100% Fruit Juice (15g) Milk	14 Super Bun (34g) Fresh Fruit Fruit Cup Milk	15 Breakfast Pizza (26g) Fresh Fruit 100% Fruit Juice (15g) Milk	16 Breakfast Ring (47g) Fruit Cup 100% Fruit Juice (15g) Milk
19 Donut Sticks (48g) Fresh Fruit Craisins (27g) Milk	20 Flapstick Fruit Cup 100% Fruit Juice (15g) Milk	21 Yogurt (12g) & Waffle (12g) Fresh Fruit Fruit Cup Milk	22 French Toast Bites (38g) Fruit Cup 100% Fruit Juice (15g) Milk	23 Breakfast Ring (47g) Fruit Cup 100% Fruit Juice (15g) Milk
26 Oatmeal Round (39g) Fresh Fruit Raisins (30g) Milk	27 Cinnamon Roll (53g) Fresh Fruit 100% Fruit Juice (15g) Milk	28 Super Bun (34g) Fresh Fruit Fruit Cup Milk	29 Breakfast Pizza (26g) Fresh Fruit 100% Fruit Juice (15g) Milk	30 Breakfast Ring (47g) Fruit Cup 100% Fruit Juice (15g) Milk

Breakfast Prices

Full Pay – \$1.75
Reduced Pay - \$.30
No charge - \$.00
Adult Meal - \$ 3.00

Available Daily

cereal bowl (25g)
whole grain muffin (31g)
cereal bar (30g)
poptart (38g)

Fresh Fruit Choices

Red Apple (21g)
Green Apple (25g)
Orange (11g)
Banana (27g)
Red Grapes (14g)
Green Grapes (14g)
Strawberries (6g)
Pear (27g)

Milk Choices

FF White (13g)
1% White (13g)
FF Chocolate (19g)
FF Strawberry (19g)

Get our menus on your phone!

