

KLAMATH COUNTY SCHOOL DISTRICT

SEPTEMBER 2019

BREAKFAST MENU 9-12

	Monday	Tuesday	Wednesday	Thursday	Friday
SERVED DAILY 1% WHITE MILK 13g SKIM MILK 13g FF CHOCOLATE MILK 21g 1 CUP FRUIT	2 LABOR DAY	3 Blueberry Muffin 38g Hard Boiled Egg 1g Peaches 28g	4 Cinni Minis 40g String Cheese 0g Fruit Cocktail 34g	5 French Toast Minis 37g Cottage Cheese 5g Pears 34g	6 Biscuits 25g Sausage Gravy 8g Pineapple Tidbits 37g
Daily Choice of Cereal Cinn Toast Crunch 22g Honey/Nut Cheerios 22g Rice Chex 18g Syrup 31g	9 Pancakes 27g Sausage Patty 1g Applesauce 28g	10 Oat Choc Chip Bar 47g Cottage Cheese 5g Peaches 28g	11 Breakfast Sandwich 27g (Egg/Cheese) Fruit Cocktail 34g	12 Scrambled Eggs w/Cheese 3g Tri-Tater 28g Pears 34g	13 Biscuits 25g Sausage Gravy 8g Pineapple Tidbits 37g
MENUS ARE SUBJECT TO CHANGE	16 Sausage Pup 36g Cottage Cheese 5g Applesauce 28g	17 Oatmeal/Brown Sugar 13g Yogurt* Peaches 28g	18 Breakfast Burrito 36g (Home Made) String Cheese 0g Fruit Cocktail 34g	19 French Toast Sticks 67g Sausage Patty 1g Pears 34g	20 Biscuits 25g Sausage Gravy 8g Pineapple Tidbits 37g
	23 Strawberry Pancakes 40g Yogurt * Applesauce 28g	24 Breakfast Pizza 28g Peaches 28g	25 Chocolate Chip Muffin 42g String Cheese 0g Fruit Cocktail 34g	26 Banana Bread 25g Cottage Cheese 5g Pears 34g	24 Biscuits 25g Sausage Gravy 8g Pineapple Tidbits 37g
	30 Sausage Pup 36g Yogurt* Applesauce 28g				

*Note – Yogurt carb counts – Check your product

**All Breakfasts: Milk – Juice – Bagel w/Cream Cheese (Mini 1-6 and Large 7-12)

Large Bagel 41g Cream Cheese (1 TBSP) 1g