

KLAMATH COUNTY SCHOOL DISTRICT

SEPTEMBER 2019

BREAKFAST MENU K-6

	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 Mini Blueberry Muffin 19g 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 Half Biscuits 13g Sausage Gravy 4g Pineapple Tidbits 37g
Daily Choice of Cereal Cinn Toast Crunch 22g Honey/Nut Cheerios 22g Rice Chex 18g Syrup 31g	9 Pancakes 14g Sausage Patty 1g Applesauce 28g	10 Cocoa Puff Cereal Bar 30g Cottage Cheese 5g Peaches 28g	11 Breakfast Sandwich 27g (Egg/Cheese) Fruit Cocktail 34g	12 Scrambled Eggs W/Cheese 1g Tri-Tater 14g Pears 34g	13 Half Biscuits 13g Sausage Gravy 4g Pineapple Tidbits 37g
MENUS ARE SUBJECT TO CHANGE	16 Sausage Pup 18g Cottage Cheese 5g Applesauce 28g	17 Oatmeal/Brown Sugar 12g Yogurt * Peaches 28g	18 Breakfast Burrito 17g (Homemade) String Cheese 0g Fruit Cocktail 34g	19 French Toast Sticks 40g Sausage Patty 1g Pears 34g	20 Half Biscuits 13g Sausage Gravy 4g Pineapple Tidbits 37g
	23 Strawberry Pancakes 40g Yogurt* Applesauce 28g	24 Breakfast Pizza 28g Peaches 28g	25 Chocolate Chip Muffin 21g String Cheese 0g Fruit Cocktail 34g	26 Banana Bread 25g Cottage Cheese 5g Pears 34g	27 Half Biscuits 13g Sausage Gravy 4g Pineapple Tidbits 37g
	30 Sausage Pup 18g Yogurt * Applesauce 28g				

*Note - Yogurt carb counts – check your product

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

Mini Bagel 16g Cream Cheese (1 TBSP) 1 g

This institution is an equal opportunity provider