



BREAKFAST

Assorted cereal available each day;
Breakfast to go bags may also be available

SEPTEMBER 2021

ALLEN PARISH SCHOOL DISTRICT

REVISED: JULY 20, 2021

Monday

Tuesday

Wednesday

Thursday

Friday

NO SCHOOL -
LABOR DAY

honey oat waffles w/syrup
sausage link
strawberry cup
apple
choice of milk or juice

breakfast pizza
honey bun
pears
apple
choice of milk or juice

mini pancakes w/syrup
sausage link
melon cup
banana
choice of milk or juice

sausage, egg & cheese
wrap or cheese toast
yogurt cup
pineapple tidbits
apple
choice of milk or juice

ham slice & grits
Trix cereal bar or graham
crackers
peaches, orange
choice of milk or juice

whole-grain biscuit
sausage patty
fruit cocktail
plums
choice of milk or juice

cinnamon toast crunch
soft filled bar
or chocolate chip muffin
fruit cocktail, raisins
graham crackers
choice of milk or juice

whole-grain cinnamon
raisin bagel w/cream cheese
or cheese toast
fruit cocktail, apple
choice of milk or juice

breaded chicken biscuit
chocolate graham crackers
applesauce
plums
choice of milk or juice

plain bagel w/cream cheese
or toast w/jelly
string cheese stick
apricots
banana
choice of milk or juice

waffle & chicken
sausage sandwich
oatmeal
pineapple tidbits, banana
choice of milk or juice

whole-grain egg & sausage
burrito or cheese toast
yogurt cup
applesauce
orange
choice of milk or juice

oatmeal
hash brown
raisins
banana
choice of milk or juice

scrambled eggs
cinnamon roll
pears
peaches
choice of milk or juice

pancake on a stick
hash brown
fruit cocktail
grapes
choice of milk or juice

mini French toast w/syrup
hash brown
peaches
apple
choice of milk or juice

ham slice & scrambled eggs
butter toast
strawberry cup
banana
choice of milk or juice

blueberry waffles w/syrup
vanilla graham crackers
grapes
orange
choice of milk or juice

French toast sticks w/syrup
hash brown
melon cup
banana
choice of milk or juice

breakfast break kit
muffin (banana or blueberry)
blueberries
raisins
choice of milk or juice

blueberry & cream
cheese stick
yogurt with granola
mandarin oranges
pears
choice of milk or juice

DISCLAIMER: Please note that breakfast and lunch menus are subject to change without notice due to the availability of products from our distributors, staff shortage, and school closures.

This institution is an equal opportunity provider.



PAY FOR MEALS ONLINE
MySchoolBucks.com

