

SEPTEMBER 2026 BREAKFAST

LABOR DAY LAUGHS

Question

Why are Train Conductors so efficient?

What do Dentist like to eat on Labor Day?



Answer

They always stay on track with their plans.

Anything they can sink their teeth into.

Monday	Tuesday	Wednesday	Thursday	Friday
	01 Raisin Bran Honey Graham Crackers Orange Kiwi Strawberry Juice	02 Apple Orchard Muffin Strawberry-Banana Yogurt Pear Tropical Fruit Mix	03 Maple Snack n Waffle Strawberries Diced Peaches	04 Bagel Orange Honeydew Cream Cheese
	08 Honey Scooters Honey Graham Crackers Orange Grape Juice	09 Mini Pancake Bite Apple Orange Juice Syrup	10 Glazed Pull Apart Grapes Diced Peaches	11 Golden Grahams Banana Flavored Applesauce Fruit Punch
14 Marshmallow Mateys Honey Graham Crackers Orange Kiwi Strawberry Juice	15 Yogurt Crunch Parfait Granola Pear Mandarin Oranges	16 Blueberry Donut Holes Apple Grape Juice	17 Cinnamon Stuffed Bagel Cantaloupe Tropical Fruit Cup	18 Corn Flakes Honey Graham Banana Berry Juice
21 Honey Bunches of Oats Chocolate Graham Cracker Pear Fruit Punch	22 Strawberry Pop Tart Honey Graham Tropical Fruit Cup Flavored Applesauce	23 Frosted Mini Wheats Vanilla Graham Crackers Banana Berry Juice	24 Apple Fritter Apple	25 Raisin Bran Honey Graham Crackers Blueberries Grape Juice
28 Honey Scooters Honey Graham Cracker Orange Grape Juice	29 Cocoa Puffs Cereal Bar Mozzarella Cheese Stick Apple Kiwi Strawberry Juice	30 Banana Bread Pear Flavored Applesauce		

MILK contains no artificial growth hormones or antibiotics

We use whole grain breads and 100% fruit juice

Nutrition and allergen information
available at www.FSPro.com

Milk is available with all meals
Menu items do not contain pork
+Does not contain meat
MENU SUBJECT TO CHANGE

BEX 9-12