



August Elementary Breakfast



Cold cereal and fresh apple slices offered daily.

Students must take a minimum of a half cup of fruit.

All meals are served with 1% white milk or non-fat chocolate milk.

Contains:

Beef (B)
Chicken (C)
Pork (P)
Turkey (T)

Monday

Tuesday

Wednesday

Thursday

Friday

A selection of fresh fruit served with breakfast every day. Fruit juice offered every Wednesday.

			6 Chicken Biscuit (C)	7 Jumbo Waffle
10 Pancake Sausage (B) Sandwich	11 Mixed Berry Yogurt Parfait	12 Egg and Cheese Tamale with Salsa	13 Mini Maple Sausage Bites (C)	14 French Toast Sticks
17 Egg & Cheese English Muffin	18 Cheese Omelet	19 Fresh Baked Cinnamon Roll	20 Chicken Biscuit (C)	21 Jumbo Waffle
24 Pancake Sausage (B) Sandwich	25 Mixed Berry Yogurt Parfait	26 Egg and Cheese Tamale with Salsa	27 Mini Maple Sausage Bites (C)	28 French Toast Sticks
31 Egg & Cheese English Muffin	Sept 1	Sept 2	Sept 3	Sept 4

Menu
Subject to
Change
Based on
Product
Availability

One
breakfast is
NO COST
for
all enrolled
students



PLEASE NOTE: FCUSD Food Services requests that eligible families complete a school meals application online. Please visit the Food Services Dept website for the online application, federal income eligibility guidelines, application instructions and Frequently Asked Questions: www.fcusd.org (On the FCUSD website, click on Departments, then Food Services)

This institution is an equal opportunity provider.
FOLSOM CORDOVA UNIFIED SCHOOL DISTRICT