

EW Stokes Café

Breakfast*: August-September 2016

REVISED 8/26/2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22 W.G. Coffee Cake Muffin Raisins Apples Milk**	23 Whole Grain Cinnamon Oatmeal w/1/4 Dried Cranberries Blackberries Milk**	24 Whole Grain Raisin Bran Crunch Low-Fat Yogurt Cup Bananas Milk**	25 W.G. Breakfast Quesadilla: Scrambled Eggs, Peppers & Cheese Oranges Nectarines Milk**	26 Whole Grain Banana Muffin Strawberries Pineapple Cup Milk**
29 Whole Grain Blueberry Muffin Apples Raisins Milk**	30 Whole Grain Bagel w/1 Tbsp. Low-Fat Cream Cheese Fresh Berries Peach Cup Milk**	31 Whole Grain Cheerios Low-Fat Yogurt Cup Whole Banana Milk**	September 1 Cheesy Grits Oranges Peaches Milk**	2 Whole Grain Strawberry Muffin Fresh Berries Nectarines Milk**
5 Labor Day: School Closed	6 Yogurt Parfait: Vanilla Yogurt, Blueberries, Granola Pineapple Cup Milk**	7 Whole Grain Raisin Bran Crunch Low-Fat Yogurt Cup Whole Banana Milk**	8 Egg & Cheese on Whole Grain Roll Fresh Peaches Nectarines Milk**	9 Whole Grain French Toast 2 Tbsp. Light Syrup Pears Blueberries Milk**
12 W.G. Coffee Cake Muffin Apples Raisins Milk**	13 Whole Grain Cinnamon Oatmeal w/1/4 Dried Raisins Peach Cup Milk**	14 Whole Grain Cheerios Low-Fat Yogurt Cup Whole Banana Milk**	15 W.G. Breakfast Quesadilla: Scrambled Eggs, Peppers & Cheese Oranges Nectarines Milk**	16 W.G. Banana Muffins Strawberries Pineapple Cup Milk**
19 Whole Grain Blueberry Muffin Raisins Apples Milk**	20 Whole Grain Bagel w/1 Tbsp. Low-Fat Cream Cheese Blackberries Peaches Milk**	21 Whole Grain Raisin Bran Crunch Low-Fat Yogurt Cup Bananas Milk**	22 Cheesy Grits Oranges Pears Milk**	23 Whole Grain Strawberry Muffin Blackberries Pineapple Cup Milk**
26 W.G. Coffee Cake Muffin Apples Raisins Milk**	27 Yogurt Parfait: Vanilla Yogurt, Blueberries, Granola Fresh Berries Milk**	28 Whole Grain Cheerios Low-Fat Yogurt Cup Whole Banana Milk**	29 Egg & Cheese on Whole Grain Roll Oranges Nectarines Milk**	30 Whole Grain French Toast 2 Tbsp. Light Syrup Grapes Pears Milk**

*Menu is subject to change. **We serve Non-Fat Milk & 1% Skim Milk Daily.

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