

SEPTEMBER | 2022



LOGAN-HOCKING SCHOOLS HS/MS BREAKFAST MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29	30	31	1 Blueberry Muffin Graham Cracker Fruit Juice Milk	2 Breakfast Kit Coco Puffs Cereal Graham Cracker Fruit Juice Milk
5 No School Labor Day	6 Super Donut 2 Cheese Sticks Apple Milk	7 Banana Bread Gogurt Tube Pear Cup Milk	8 Granola Bar Lil Squares Apple Slices Milk	9 Chocolate Chip Muffin 2 Cheese Sticks Banana Milk
12 Blueberry Lemon Bites Gripz Crackers Apple Milk	13 Cinnamon Bun Fruit Juice Milk	14 Confetti Pancakes 1 Cheese Stick Fresh Pear Milk	15 No School Fair Day	16 No School Fair Day
19 Breakfast Kit Cinnamon Pop Tart Graham Crackers Fruit Juice Milk	20 Donut 1 Cheese Stick Apple Milk	21 Mini Cinnamon Rolls Graham Cracker Strawberry Cup Milk	22 Blueberry Waffle 1 Cheese Stick Apple Slices Milk	23 Apple Strudel Graham Cracker Banana Milk
26 Lemon Crunch Bar 1 Cheese Stick Peach Cup Milk	27 Breakfast Kit Trix Cereal Graham Cracker Fruit Juice Milk	28 Mini Strawberry Cream Cheese Bagel 1 Cheese Stick Apple Milk	29 Banana Muffin Yogurt Strawberry Cup Milk	30 Cinnamon Glazed Pancakes 1 Cheese Stick Apple Slices Milk

News

Grab-N-Go
Breakfast Offered Daily
Menu Subject to change

Nutrition

½ C. Fruit
100% Fruit Juice
All Whole Grain Breads
1oz. Meats/Meat
Alternative
1% White or Chocolate
Milk

FRUIT

Apple-Apple Sauce
Oranges-Grapes
Peaches-Pears
Tropical Fruit
Mandarin Oranges
Juice-Apricots
Fruit Cups
Raisins and Craisins

THIS INSTITUTION IS AN
EQUAL OPPORTUNITY
PROVIDER

*Menu Subject to Change