

# Springwell Nutrition Department

## Morse Apartments

### Breakfast Menu Cycle

**SEPTEMBER 2018**

SATURDAY	SUNDAY	MONDAY
<b>SEPTEMBER 1<sup>ST</sup></b> Apple Juice Toasted Oats & Honey Cereal Boiled Egg 2 slices Whole Wheat Bread w/Jelly	<b>SEPTEMBER 2<sup>ND</sup></b> Fresh Banana Flavored Instant Oatmeal Yogurt Wheat Bagel w/Cream Cheese	<b>SEPTEMBER 3<sup>RD</sup></b> LABOR DAY HOLIDAY  VOTING DAY-SET UP  NO BREAKFAST SERVICE TODAY MEAL SITE CLOSED
<b>SEPTEMBER 8<sup>TH</sup></b> Orange Juice Raisin Bran Cereal English Muffin w/Peanut Butter & 1 Jelly	<b>SEPTEMBER 9<sup>TH</sup></b> Low Sodium Tomato Juice Fiber One Cereal Boiled Egg Fruit Muffin Loaf Carnation Instant Breakfast	Each breakfast is served with Milk & Margarine.
<b>SEPTEMBER 15<sup>TH</sup></b> Fresh Orange Flavored Instant Oatmeal Cottage Cheese Apple Turnover	<b>SEPTEMBER 16<sup>TH</sup></b> Fresh Apple Flavored Instant Oatmeal English Muffin w/ Peanut Butter & w/Jelly	
<b>SEPTEMBER 22<sup>ND</sup></b> Cranberry Juice Total Cereal Yogurt Apple Cinnamon Muffin	<b>SEPTEMBER 23<sup>RD</sup></b> Citrus Fruit Cup Flavored Instant Oatmeal Cottage Cheese 2 Waffles w/ Syrup	
<b>SEPTEMBER 29<sup>TH</sup></b> Apple Juice Toasted Oats & Honey Cereal Boiled Egg 2 slices Whole Wheat Bread w/Jelly	<b>SEPTEMBER 30<sup>TH</sup></b> Fresh Banana Flavored Instant Oatmeal Yogurt Wheat Bagel w/Cream Cheese	*LS = Low Sodium