

September 2018

Somis Union School

BREAKFAST

Menu subject to substitution. All meals served with choice of 1% or nonfat TruMoo chocolate milk. Breakfast is served before school and during all morning recesses. Please let us know of any food allergies your child may have. Also, please be sure to keep your child's account positive at all times. Thank you ☺



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

This establishment is an equal opportunity employer.



Monday

Tuesday

Wednesday

Thursday

Friday

Happy Labor Day

3

Cereal
Fruit
Juice
Milk

4

Chocolate muffin
Yogurt
Fruit
Milk

5

Cinnamon Rolls
Fruit
Cheese stix
Milk

6

Cereal
Fruit
Juice
Milk

7

Sausage Dogs
Fruit
Milk

10

Cereal
Fruit
Cheese Stix
Milk

11

Chocolate Muffin
Yogurt
Fruit
Milk

12

Waffle Stix
Cheese Stix
Fruit
Milk

13

Cereal
Fruit
Juice
Milk

14

Breakfast Sandwich
Fruit
Milk

17

Cereal
Juice
Fruit
Milk

18

Chocolate Muffin
Yogurt
Fruit
Milk

19

Pancakes
Cheese Stix
Fruit
Milk

20

Cereal
Fruit
Juice
Milk

21

Taco Nada
Fruit
Juice
Milk

24

Cereal
Cheese Stix
Fruit
Milk

25

Chocolate Muffin
Yogurt
Fruit
Milk

26

Chocolate Crescent
Cheese stix
Fruit
Milk

27

Cereal
Fruit
Juice
Milk

28

