

# September 2019

## Head Start & PreSchool

### BREAKFAST



#### School Information:

**Welcome Back!**  
We're so happy to see you!



**Nutrition Tip:** September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

Reference: USDA MyPlate



### Monday

LABOR DAY

2

### Tuesday

Head Start:  
Muffin Variety  
Fruit & Milk  
Preschool: No School  
Entrance Conferences

3

### Wednesday

Grahams Variety  
Yogurt  
Fruit  
Milk

4

### Thursday

Breakfast Bread  
Fruit  
Milk

5

### Friday

Breakfast Variety  
Fruit  
Milk

6

Cold Cereal  
Fruit Variety  
Milk

9

Muffin Variety  
Fruit  
Milk

10

Grahams Variety  
Fruit  
Milk

11

Breakfast Bread  
Fruit  
Milk

12

Breakfast Variety  
Fruit  
Milk

13

Cold Cereal  
Fruit  
Milk

16

Muffin Variety  
Fruit  
Milk

17

Grahams Variety  
With Yogurt  
Fruit  
Milk

18

Breakfast Bread  
Fruit  
Milk

19

Breakfast Variety  
Fruit  
Milk

20

Cold Cereal  
Fruit  
Milk

23

Muffin Variety  
Fruit  
Milk

24

Grahams Variety  
Fruit  
Milk

25

Breakfast Bread  
Fruit  
Milk

26

Breakfast Variety  
Fruit  
Milk

27

Cold Cereal  
Fruit  
Milk

30

