



# BREAKFAST @SCHOOL

For first-class learning!

New Haven Public Schools

Featuring  
Healthy Fruits  
& Grains!

**K8 BREAKFAST MENU  
FOR SEPTEMBER 2019**

This institution is an equal opportunity provider. Menu is subject to change.

— WELCOME —  
**BACK TO SCHOOL**

Thursday, August 29

1 oz RS Frosted  
Flakes  
Hard-cooked Egg  
Raisins  
100% Juice  
Milk

Friday, August 30

2 oz RS Cinnamon  
Toast Crunch  
Peaches  
100% Juice  
Milk



It's normal for anyone to feel a little sad now and then, but no one should have to live with sadness all the time, so that feeling happy seems impossible. Reach out. Joy might need a little help to break through.

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
WELLNESS IS A WAY OF LIFE!**

Monday, September 2

**NO  
SCHOOL  
LABOR DAY**

Tuesday, September 3

1 oz RS Trix  
Cheese Stick  
Unsweetened  
Strawberry  
Applesauce  
100% Juice  
Milk

Wed., September 4

GM Cinnamon Cereal  
Bar  
Sunflower Kernels  
Fresh Fruit  
100% Juice  
Milk

Thursday, September 5

2 oz RS Cinnamon  
Toast Crunch  
Raisins  
100% Juice  
Milk

Friday, September 6

Banana Muffin  
Sunbutter Cup  
Unsweetened  
Applesauce  
100% Juice  
Milk

First things First

Choose at least **ONE**  
serving of **FRUIT** and at  
least **THREE** items **TOTAL**  
so your meal counts as a **Complete Breakfast!**

**BREAKFAST@SCHOOL**  
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Monday, September 9

1 oz RS Frosted Flakes  
Honey Grahams  
Mixed Fruit Cup  
100% Juice  
Milk

Tuesday, September 10

**NO SCHOOL**

Wed., September 11

1 oz Chocolate Mini-Wheats  
Hard-cooked Egg  
Fresh Fruit  
100% Juice  
Milk

Thursday, September 12

Vanilla Yogurt  
Granola  
Pineapple Tid Bits  
100% Juice  
Milk

Friday, September 13

1 oz RS Cinnamon Frosted Flakes  
Grahams  
Raisins  
100% Juice  
Milk

Monday, September 16

Blueberry Muffin  
Cheese Stick  
Unsweetened Cinnamon Applesauce  
100% Juice  
Milk

Tuesday, September 17

2 oz RS Cinnamon Toast Crunch  
Unsweetened Applesauce  
100% Juice  
Milk

Wed., September 18

1 oz RS Frosted Flakes  
Sunflower Kernels  
Fresh Fruit  
100% Juice  
Milk

Thursday, September 19

Strawberry Bagel-Ful  
Raisins  
100% Juice  
Milk

Friday, September 20

1 oz RS Trix Grahams  
Unsweetened Strawberry Applesauce  
100% Juice  
Milk

Monday, September 23

Hadley Farms Raspberry Cream Cereal Bar  
Sunflower Kernels  
Raisins  
100% Juice  
Milk

Tuesday, September 24

1 oz Honey Scooters Graham Crackers  
Unsweetened Cinnamon Applesauce  
100% Juice  
Milk

Wed., September 25

1 oz RS Cinnamon Frosted Flakes  
Grahams  
Unsweetened Applesauce  
100% Juice  
Milk

Thursday, September 26

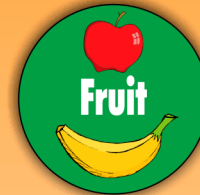
Raspberry/Cherry Blend Yogurt  
Sunflower Kernels  
Fresh Fruit  
100% Juice  
Milk

Friday, September 27

1 oz RS Frosted Flakes  
Cheese Stick  
Raisins  
100% Juice  
Milk

# First things First

To make a breakfast, choose at least one



or



and at least three items total



NEW HAVEN PUBLIC SCHOOL DISTRICT  
CHILD NUTRITION SERVICES

**KIDS! Join us daily for the original value meal!**

All of our complete meals are always

**NO CHARGE for all students**

with no need to submit an application, thanks to the Community Eligibility Program!