



Laraway CCSD 70C
Pre-k through 8th Grade
Breakfast Menu- September 2019



Monday	Tuesday	Wednesday	Thursday	Friday
September 2nd NO SCHOOL 	September 3rd WG Muffin, Fresh Banana, Milk	September 4th Hot Egg/cheese on WG Croissant Fresh Pear, Milk	September 5th WG Mini Loaf, Cheese stick, Fresh Melon, Milk	September 6th WG Pancakes & Syrup Banana Milk
September 9th WG French Toast with Syrup, Fresh Pear, Milk	September 10th WG Cinnamon Breakfast Round Orange Slices, Milk	September 11th Blueberry/Yogurt Parfait with WG Granola or WG Vanilla Goldfish, Apple slices, Milk	September 12th WG Cereal, Fresh Melon, Yogurt Tube, Milk	September 13th Hot Egg/Cheese wrap with WG Tortilla, Fresh Banana, Milk
September 16th WG Waffles & Syrup Fresh Pear Milk	September 17th <u>Grades K-8:</u> WG LongJohn Donut, Fresh Pear, Milk <u>Pre-k:</u> WG Cinnamon Breakfast Round, Fresh Pear, Milk	September 18th WG Muffin, Orange Slices, Milk	September 19th Sausage/Egg Biscuit (WG) Fresh Banana, Milk	September 20th Early Dismissal 11:30 AM Blueberry/Yogurt/ WG Granola Parfait Apple slices, Milk
September 23rd WG Cereal, Banana, Yogurt Tube, Milk	September 24th <u>Grades K-8:</u> WG Cinnamon Roll, Fresh Apple, Milk <u>Pre-k:</u> WG Vanilla Goldfish, Apple Slices, Milk	September 25th WG Oatmeal Bar, Fresh Melon, Milk	September 26th Hot Egg/cheese on WG Croissant Fresh Apple, Milk	September 27th <u>Grades K-8:</u> WG Granola Bars, Sliced Orange, Milk <u>Pre-k:</u> WG Vanilla Goldfish, Sliced Orange, Milk

Food Allergies & Intolerances are only accommodated with Physician documentation, per the Illinois State Board of Education. Any accommodations need to be approved by Laraway Food Service Director in partnership with Laraway School nurse.

All Students are provided a free breakfast daily. Our Menus adhere to Nutrition guidelines set by the USDA. . Any Questions or Comments regarding the Menu, please contact: Sarah Izaguirre (815)727-5196 or sizaguirre@laraway70c.org

We reserve the right to alter the menu, based on availability or quality concerns.
 WG = Whole Grain-rich meal component
 Fresh Fruit= a possible serving of fresh apple, orange, banana, pear, peach, berries, grapes, or melon

A choice of 1% White or Fat Free Chocolate Milk is provided to every k-8 student. 1% White milk is provided to all pre-k students. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on basis of race, color, national origin, sex, age or disability.