

School meals are consistent with the Dietary Guidelines for Americans.

We

offer all whole rich grain bread products and a variety of fruits and vegetables weekly. In addition we offer **1% plain milk**. All **salad dressings** are either **low-fat or non-fat**. **Water is available with all**



Fueling Student Performance Through Healthy Dining

by **sodexo**

## Midlands STEM Charter Breakfast Menu – SEPTEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Midlands STEM will provide</b></p> <p><b>Milk.</b></p> <p><b>Menu is Subject to Change</b></p>	<p><b>Due to product availability.</b></p>		<p>1</p> <p>Cereal Bar (1.42 oz) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz.)</p>	<p>2</p> <p>Pop-Tart (1 pkg) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz.)</p>
<p>5</p> <p>NO SCHOOL</p>	<p>6</p> <p>NutriGrain Bar (1.55 oz) Graham Crackers (1 oz.) Fruit(1/2 cup) 100% Fruit Juice (4 oz.)</p>	<p>7</p> <p>Blueberry Muffin (2 oz) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz.)</p>	<p>8</p> <p>Cereal Bar (1.42 oz) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz.)</p>	<p>9</p> <p>Pop-Tart (1 pkg) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz.)</p>
<p>12</p> <p>Blueberry Muffin (2 oz) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz.)</p>	<p>13</p> <p>Pop-Tart (1 pkg) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz.)</p>	<p>14</p> <p>NutriGrain Bar (1.55 oz) Graham Crackers (1 oz.) Fruit(1/2 cup) 100% Fruit Juice (4 oz.)</p>	<p>15</p> <p>Cereal Bar (1.42 oz) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz.)</p>	<p>16</p> <p>NutraGrain Bar (1.55 oz) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz.)</p>
<p>19</p> <p>Blueberry Muffin (2 oz) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz.)</p>	<p>20</p> <p>Cereal Bar (1.42 oz) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz.)</p>	<p>21</p> <p>Cereal ( 1.06 oz) Graham Crackers (1 oz.) Fruit(1/2 cup) 100% Fruit Juice (4 oz.)</p>	<p>22</p> <p>Blueberry Muffin (2 oz) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz.)</p>	<p>23</p> <p>NutraGrain Bar (1.55 oz) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz.)</p>
<p>24</p> <p>NutraGrain Bar (1.55 oz) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz.)</p>	<p>25</p> <p>Blueberry Muffin (2 oz) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz.)</p>	<p>26</p> <p>Pop-Tart (1 pkg) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz.)</p>	<p>27</p> <p>Blueberry Muffin (2 oz) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz.)</p>	<p>28</p> <p>NutraGrain Bar (1.55 oz) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz.)</p>

**PORTION SIZES**

MILK: 8 OZ  
ALL ENTREES ARE 1 EACH AND CONTAIN 0.5 OZ GRAIN AND 1.5 OZ MEAT / MEAT ALTERNATIVE

**FRUIT & VEGETABLE SIDES: 4 OZ**

COMBINATION FOODS: SERVING SIZE 4 OZ  
\*YOGURT: 4 OZ. <23G OF SUGAR PER 6 OZ  
\*\*CEREALS: REDUCED SUGAR; <6 OZ PER DRY OZ; WHOLE GRAIN

This institution is an equal opportunity provider.