



# September

2021

## In Season Grapes

One cup of grapes, with about 100 calories, provides more than a quarter of the daily recommended values of vitamins K and C. Grape seeds, which are edible, are full of antioxidants.



Monday

Tuesday

Wednesday

Thursday

Friday

Mini Cinnis  
Fruit, Juice  
Milk **1**

Maple Mini  
Pancakes  
Fruit, Juice  
Milk **2**

Breakfast Pizza  
Fruit, Juice  
Milk **3**

Labor Day  
NO SCHOOL **6**

French Toast  
Fruit, Juice  
Milk **7**

Mini Cinnis  
Fruit, Juice  
Milk **8**

Maple Mini  
Pancakes  
Fruit, Juice  
Milk **9**

Breakfast Pizza  
Fruit, Juice  
Milk **10**

Banana Bread  
Fruit, Juice  
Milk **13**

French Toast  
Fruit, Juice  
Milk **14**

Mini Cinnis  
Fruit, Juice  
Milk **15**

Maple Mini  
Pancakes  
Fruit, Juice  
Milk **16**

Breakfast  
Pizza  
Fruit, Juice  
Milk **17**

Banana Bread  
Fruit, Juice  
Milk **20**

French Toast  
Fruit, Juice  
Milk **21**

Mini Cinnis  
Fruit, Juice  
Milk **22**

Maple Mini  
Pancakes  
Fruit, Juice  
Milk **23**

Breakfast  
Pizza  
Fruit, Juice  
Milk **24**

Banana Bread  
Fruit, Juice  
Milk **27**

French Toast  
Fruit, Juice  
Milk **28**

Mini Cinnis  
Fruit, Juice  
Milk **29**

Maple Mini  
Pancakes  
Fruit, Juice  
Milk **30**

## Announcements

### Carnation Elementary School

#### Breakfast Menu

**WELCOME BACK**

Daily Milk Options:

1% White Milk

Non-fat Chocolate Milk

Additional Daily Breakfast Options:

Cereal

*Please find additional information from the Food Services Department at: [Engage.rsd407.org/foodservice](https://engage.rsd407.org/foodservice)*

## Meal Prices

**Breakfast And Lunch are FREE for all Students Enrolled In the Riverview School District**