



# September 2023

# Frontenac Schools Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
	Menu Subject To Change All Meals Served With Milk & Juice			<b>1</b> Apple Cinnamon Toast Fruit
<b>4</b> NO SCHOOL	<b>5</b> Cereal Fruit	<b>6</b> Pancake On A Stick Fruit	<b>7</b> Mini Cinnis Fruit	<b>8</b> Sausage, Egg & Cheese Tornado Fruit
<b>11</b> Cereal Fruit	<b>12</b> Mini French Toast Sausage Fruit	<b>13</b> Mini Chocolate Donuts Fruit	<b>14</b> Breakfast Burrito Salsa Fruit	<b>15</b> Apple Frudel Fruit
<b>18</b> Cereal Fruit	<b>19</b> Dutch Waffle Fruit	<b>20</b> Sausage Biscuit Fruit	<b>21</b> Mini Powdered Donuts Fruit	<b>22</b> Strawberry Cream Cheese Bagel Fruit
<b>25</b> Cereal Fruit	<b>26</b> Mini Waffles Sausage Fruit	<b>27</b> Honey Bun Fruit	<b>28</b> Muffin Yogurt Fruit	<b>29</b> Biscuit & Gravy Fruit