

SEPTEMBER | 2022

Most Blessed Sacramento School Breakfast



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29		30	31	1	2
			WG Breakfast Round Pear Milk	WG Breakfast Bar Banana Milk	WG Cereal Granola Bar Orange Juice Milk
5	6	7	8	9	
Labor Day No School	WG Bagel Cream Cheese Apple Milk	WG Donuts Pear Milk	WG Mini Cinnamon Rolls Banana milk	WG Breakfast Bar Orange Juice Milk	
12	13	14	15	16	
WG Cereal WG Oatmeal Bar Orange Juice Milk	WG breakfast Bread Apple Milk	WG Breakfast Round Pear Milk	WG Super Donut Banana Milk	WG Fruitel Orange Juice Milk	
19	20	21	22	23	
WG cereal Orange Juice Milk	WG Breakfast Pastry Apple Milk	WG Bagel Cream Cheese Pear Milk	WG Cinnamon Roll Banana Milk	WG Breakfast Bread Orange Juice Milk	
26	27	28	29	30	
WG Pop Tarts Orange Juice Milk	WG Breakfast Round Pear Milk	WG Fruitel Banana Milk	WG Breakfast Bar Apple Milk	WG Cereal Granola Bar Orange Juice Milk	

News
Please note that all items are subject to change

Grain

Grades K-5: 7-10oz Weekly
Minimum 1 oz Daily
Grades 6-8: 8-10oz Weekly
Minimum 1oz Daily
Grades 9-12: 9-10oz Weekly
Minimum 1oz Daily

Fruit

Grades K-8: 1 Cup Daily
And 5 Cups Weekly
Grades 9-12: 1 Cup Daily
And 5 Cups Weekly

Milk

1 Cup 1% or Fat Free