



# BALTIMORE CITY PUBLIC SCHOOLS

## September

### K-12 Cold Breakfast Menu

## 2020

# Harvest of the Month

Apples



### Reasons to Eat Apples

A  $\frac{1}{2}$  cup of sliced apples is a source of fiber. Dietary fiber is a complex carbohydrate. There are three main types of carbohydrates: starch, fiber, and sugar.\* Eating a variety of colorful fruits and vegetables throughout the day will help you meet the recommended daily values of nutrients that your body needs to be healthy. Apples can be eaten in a variety of forms — as whole (fresh), unsweetened applesauce, dried apples, or 100% apple juice.

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7 <b>Labor Day</b>	8 Assorted Cold Cereal Nutrigrain Bar Graham Crackers Black Plum 100% Juice, 4 oz. Milk	9 Strawberry Cream Cheese Mini Bagel Fresh Peach Ginger Gold Apple Milk	10 Oatmeal Breakfast Bun Fresh Orange Applesauce Cup Milk	11 Cinnamon Swirl Roll Assorted Fresh Fruit Milk
14 Assorted Cold Cereal Nutrigrain Bar Graham Crackers Black Plum 100% Juice, 4 oz. Milk	15 Mini Cinnamon Rolls Fresh Peach Black Plum Milk	16 Cream Cheese Mini Bagels Banana Fresh Peach Milk	17 Assorted Cold Cereal Nutrigrain Bar Banana Applesauce Cup Milk	18 Peach & Raspberry Yogurt Blueberry Muffin Top Assorted Fresh Fruit Milk
21 Assorted Cold Cereal Nutrigrain Bar Graham Crackers Black Plum 100% Juice, 4 oz. Milk	22 Peach & Raspberry Yogurt Assorted Cold Cereal Fresh Orange Banana Milk	23 Strawberry Cream Cheese Mini Bagel Banana Fresh Peach Milk	24 Oatmeal Breakfast Bun Banana Applesauce Cup Milk	25 Cinnamon Swirl Roll Assorted Fresh Fruit Milk
28 Assorted Cold Cereal Nutrigrain Bar Graham Crackers Black Plum 100% Juice, 4 oz. Milk	29 Mini Cinnamon Rolls Fresh Peach Black Plum Milk	30 Cream Cheese Mini Bagels Banana Fresh Peach Milk		

Assorted Fruit

Breakfast Condiments

Daily Available Breakfast Nutritionals

This institution is an equal opportunity provider.

