

SEPTEMBER BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Yogurt w/ String Cheese	Fruit & Yogurt Smoothie w/ Granola Honey Bunches of Oats Cereal w/ Honey Grahams	Yogurt w/ Honey Grahams Beef Sausage & Cheese Croissant Sandwich	Chocolate Chip Muffin Top Cinnamon Chex Cereal w/ Honey Grahams
7	8	9	10	11
		Blueberry Muffin	Cinnamon Chex Cereal w/ Honey Grahams	Yogurt w/ Honey Grahams Cocoa Orbits Bites (Chocolate Puffed Cereal)
14	15	16	17	18
Vanilla Concha Cheerios Cereal w/ Honey Grahams	Banana Muffin Cinnamon Chex Cereal w/ Honey Grahams	Bagel w/ Cream Cheese Cocoa Orbits Bites (Chocolate Puffed Cereal)	Berry Apple Zee Zee Bar Honey Bunches of Oats Cereal w/ Honey Grahams	Strawberry Yogurt Parfait w/ Cinnamon Granola
21	22	23	24	25
Cinnamon Roll	Yogurt w/ String Cheese Cheerios Cereal w/ Honey Grahams	Fruit & Yogurt Smoothie w/ Granola Mini Maple Pancakes	Yogurt w/ Honey Grahams CinniPuffs (Maple Cinnamon Puffed Cereal)	Chocolate Chip Muffin Top Cinnamon Chex Cereal w/ Honey Grahams
28	29	30		
Cinnamon Crumble Honey Bunches of Oats Cereal w/ Honey Grahams	Conchita w/ String Cheese CinniPuffs (Maple Cinnamon Puffed Cereal)	Blueberry Muffin		

Breakfast Includes:	Featured Fruit:	RevUp Rewards:
Choice of 1% Low Fat White or Fat Free White Milk Fruit of the Day Vegetarian *Cereal Served w/ Honey Grahams *All Grains Are Whole Grain Rich	100% Fruit Juice 4 oz,Pear (1/2 C),Apple (1/2 C),Plum (1/2 C),Banana (1/2 C),Apple Slices (1/2 C),Nectarine (1/2 C)	Scan Our QR Code Daily Complete the Survey You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards 