

SEPTEMBER 2022

Vinalhaven

BREAKFAST



School Information: First Day of School: 9/6



September is National Biscuit Month. Try a breakfast sandwich on a biscuit or try out a new recipe with chicken and biscuits this month!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Labor Day
No School

5

Cereal

6

Muffins

7

Bagels

8

Cereal

9

Cereal

12

Yogurt Parfaits

13

Breakfast Sandwiches

14

Pancakes

15

Cereal

16

Cereal

19

Donuts

20

Bagels

21

First Day of Fall
Blueberry Sweet
Bread

22

Cereal

23

Cereal

26

Muffins

27

Breakfast Quesadilla

28

Yogurt Parfaits

29

Cereal

30