

August

Springs Empower Academy Charter School 26/27 Springs Empower Breakfast

Breakfast Entree Cheerios Cereal Fruit Fresh Orange Granny Smith Apple Grains Graham Crackers Milk 1% Milk Fat Free Chocolate Milk	10	Breakfast Entree French Toast Sticks Fruit Fresh Banana Granny Smith Apple Milk 1% Milk Fat Free Chocolate Milk	11	Breakfast Entree Mini Bagel Fruit Fresh Orange Fresh Blueberries Milk 1% Milk Fat Free Chocolate Milk	12	Breakfast Entree Pancakes Fruit Cantaloupe Chunks Honeydew Melon Milk 1% Milk Fat Free Chocolate Milk	13	Breakfast Entree Yogurt Parfait Fruit Fresh Banana Fresh Blueberries Milk 1% Milk Fat Free Chocolate Milk	14
Breakfast Entree Cheerios Cereal Fruit Granny Smith Apple Grains Graham Crackers Milk Nonfat Milk Fat Free Chocolate Milk	17	Breakfast Entree Sausage, Egg & Cheese Croissant Fruit Fresh Orange Granny Smith Apple Milk Fat Free Chocolate Milk 1% Milk	18	Breakfast Entree French Toast Sticks Fruit Fresh Orange Granny Smith Apple Milk Fat Free Chocolate Milk 1% Milk	19	Breakfast Entree Cinnamon Roll Fruit Fresh Orange Granny Smith Apple Milk Fat Free Chocolate Milk 1% Milk	20	Breakfast Entree Frosted Strawberry Pop Tart Fruit Fresh Banana Granny Smith Apple Milk Fat Free Chocolate Milk 1% Milk	21
Breakfast Entree Cereal Variety Fruit Granny Smith Apple Milk Fat Free Chocolate Milk 1% Milk	24	Breakfast Entree Eggoji Waffles Fruit Cantaloupe Chunks Honeydew Melon Milk Fat Free Chocolate Milk 1% Milk	25	Breakfast Entree Sausage Biscuit Fruit Fresh Banana Fresh Blueberries Milk Fat Free Chocolate Milk 1% Milk	26	Breakfast Entree Pancakes Vegetables Triangle Hashbrown Patties Fruit Fresh Banana Fresh Blueberries Milk Fat Free Chocolate Milk 1% Milk	27	Breakfast Entree Mini Bagel Fruit Fresh Orange Orange Juice Milk Fat Free Chocolate Milk 1% Milk	28
Breakfast Entree Cereal Variety Fruit Fresh Blueberries Fresh Banana Milk Fat Free Chocolate Milk 1% Milk	31								

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