September Breakfast Menu Senior Services

Food Vendor Aging True

\*\*\* Meal Reservations Required \*\*\*

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| 2 Cranberry JuiceString CheeseHard Boiled EggFrosted Mini Wheat CerealWhole Wheat BreadMandarin Oranges1% MilkMargarine/Jelly | 3 Grape JuicePeanut ButterString CheeseCheerios CerealNutrigrain BarTropical Fruit Cup1% Milk | 4 Orange JuiceHard Boiled EggFruit YogurtRaisin Bran CerealBagelPeaches1% MilkCream Cheese/Jelly |
| 9 Orange JuiceString CheeseHard Boiled EggRaisin Bran CerealEnglish MuffinPineapple Fruit Cup1% MilkMargarine/Jelly | 10 Apple JuicePeanut ButterString CheeseCheeriosNutrigrain BarTropical Fruit Cup1% Milk | 11 Orange JuiceHard Boiled EggString CheeseOatmealCinnamon Toast Crunch BarApplesauce1% MilkMargarine/Jelly |
| 16 Orange JuiceString CheesePeanut ButterHoney Nut CheeriosCinnamon Toast Crunch BarApplesauce1% Milk | 17 Fruit Blend JuiceString CheeseHard Boiled EggOatmealWhole Wheat BreadMandarin Oranges1% MilkMargarine/Jelly | 18 Grape JuiceHard Boiled EggFruit YogurtRaisin Bran CerealEnglish MuffinPear Fruit Cup1% MilkMargarine/Jelly |
| 23 Cranberry JuiceString CheeseHard Boiled EggFrosted Mini Wheat CerealWhole Wheat BreadMandarin Oranges1% MilkMargarine/Jelly | 24 Grape JuicePeanut ButterString CheeseCheerios CerealNutrigrain BarTropical Fruit Cup1% Milk  | 25 Orange JuiceHard Boiled EggFruit YogurtRaisin Bran CerealBagelPeaches1% MilkCream Cheese/Jelly |
| 30 Orange JuiceString CheeseHard Boiled EggRaisin Bran CerealEnglish MuffinPineapple Fruit Cup1% MilkMargarine/Jelly |  | Apple Moody Foodies |

Menu Prepared by Mandy Patrick,MS,RD,LD with Aging True, 4250 Lakeside Dr. #116, Jacksonville, FL 32210

Menu Approved by Sharon Meier Lutheran,MSH,RDN,LDN Date of Approval May 30, 2025