September Breakfast Menu Senior Services

Food Vendor Aging True

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

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| 2 Cranberry Juice  String Cheese  Hard Boiled Egg  Frosted Mini Wheat Cereal  Whole Wheat Bread  Mandarin Oranges  1% Milk  Margarine/Jelly | 3 Grape Juice  Peanut Butter  String Cheese  Cheerios Cereal  Nutrigrain Bar  Tropical Fruit Cup  1% Milk | 4 Orange Juice  Hard Boiled Egg  Fruit Yogurt  Raisin Bran Cereal  Bagel  Peaches  1% Milk  Cream Cheese/Jelly |
| 9 Orange Juice  String Cheese  Hard Boiled Egg  Raisin Bran Cereal  English Muffin  Pineapple Fruit Cup  1% Milk  Margarine/Jelly | 10 Apple Juice  Peanut Butter  String Cheese  Cheerios  Nutrigrain Bar  Tropical Fruit Cup  1% Milk | 11 Orange Juice  Hard Boiled Egg  String Cheese  Oatmeal  Cinnamon Toast Crunch Bar  Applesauce  1% Milk  Margarine/Jelly |
| 16 Orange Juice  String Cheese  Peanut Butter  Honey Nut Cheerios  Cinnamon Toast Crunch Bar  Applesauce  1% Milk | 17 Fruit Blend Juice  String Cheese  Hard Boiled Egg  Oatmeal  Whole Wheat Bread  Mandarin Oranges  1% Milk  Margarine/Jelly | 18 Grape Juice  Hard Boiled Egg  Fruit Yogurt  Raisin Bran Cereal  English Muffin  Pear Fruit Cup  1% Milk  Margarine/Jelly |
| 23 Cranberry Juice  String Cheese  Hard Boiled Egg  Frosted Mini Wheat Cereal  Whole Wheat Bread  Mandarin Oranges  1% Milk  Margarine/Jelly | 24 Grape Juice  Peanut Butter  String Cheese  Cheerios Cereal  Nutrigrain Bar  Tropical Fruit Cup  1% Milk | 25 Orange Juice  Hard Boiled Egg  Fruit Yogurt  Raisin Bran Cereal  Bagel  Peaches  1% Milk  Cream Cheese/Jelly |
| 30 Orange Juice  String Cheese  Hard Boiled Egg  Raisin Bran Cereal  English Muffin  Pineapple Fruit Cup  1% Milk  Margarine/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