

# September

# BREAKFAST

Excelsior Charter Schools (Barstow, Redlands & Victorville)

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|---|---|---|---|
|  | <b>AUGUST 30</b><br>Blueberry Burst Muffin with Fresh Fruit (V) | <b>August 31</b><br>Lemon Muffin with Fresh Fruit (V)         | 1<br>Cinnamon Grahams with String Cheese and Fresh Fruit (V)    | 2<br>Yogurt & Educational Snacks and Fresh Fruit (V)          |
|   | 5<br>Cheerios with Educational Snacks and Fresh Fruit (V)       | 6<br>Yogurt & Cinnamon Grahams and Fresh Fruit (V)            | 7<br>Plain Bagel with Cream Cheese Packet and Fresh Fruit (V)   | 8<br>Zee Zees Cinnamon Crisp Bar with Fresh Fruit (V) (DF)    |
|   | 12<br>French Toast Muffin and Fresh Fruit (V)                   | 13<br>Sausage & Cheddar Biscuit and Fresh Fruit               | 14<br>Egg & Cheddar English Muffin Sandwich and Fresh Fruit (V) | 15<br>Blueberry Burst Muffin and Fresh Fruit (V)              |
|   | 19<br>Cheerios with Educational Snacks and Fresh Fruit (V)      | 20<br>Yogurt & Cinnamon Grahams and Fresh Fruit (V)           | 21<br>Plain Bagel with Cream Cheese Packet and Fresh Fruit (V)  | 22<br>Zee Zees Berry Apple Crisp Bar and Fresh Fruit (V) (DF) |
|   | 26<br>French Toast Sticks with Syrup and Fresh Fruit (V)        | 27<br>Cinnamon Grahams with String Cheese and Fresh Fruit (V) | 28<br>Egg & Cheddar English Muffin Sandwich and Fresh Fruit (V) | 29<br>Cinnamon Crumble and Fresh Fruit (V)                    |

How was your meal? Take our short survey to let us know! Our chefs use your feedback to improve & develop new recipes. You can use the same link every time you eat our food!

[surveymonkey.com/r/mealsatisfactionsurvey](https://surveymonkey.com/r/mealsatisfactionsurvey)



**revolution** foods.

This institution is an equal opportunity provider.  
All grains offered are whole-grain rich.

Choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is served.

**Dairy-Free (DF)**

**Vegetarian (V)**