



W.O. Parmer Breakfast Menu
September 2010
 Fuel Up With Good Nutrition



Mon.

Tues.

Wed.

Thurs.

Fri.



Sep. 1
Sausages Egg &
Cheese Toast
Fruit

2
Pancakes
Ham
Syrup
Fruit

3
Grits
Sausage
Toast
Fruit

6
Labor Day

7
French Toast
Stick
Sausage
Syrup
Fruit

8
Yogurt
Cheese Toast
Fruit

9
Grits
Ham
Toast
Fruit

10
Steak Biscuit
Fruit

13
Oatmeal
Sausage
Fruit

14
Cereals
Cheese Toast
Fruit

15
Breakfast Pizza
Fruit

16
Egg Squares
Biscuit
Fruit

17
Grits
Sausage
Fruit

20
Chicken Biscuit
Fruit

21
Yogurt
Wheat Muffins
Fruit

22
French Toast
Sausage
Fruit
Syrup

23
Cereal
Cheese Toast
Fruit

24
Manager's
Choice

27
Sausage Pattie
Biscuit
Fruit

28
Breakfast Pizza
Apples Slices

29
Pancakes
Ham
Syrup
Fruit

30
Manager's
Choice

Oct 1
Sausage, Egg
Biscuit
Fruit

***Milk Variety Served Daily and Fruit Served Daily**

**DO NOT TAKE FOOD OR DRINK
OUTSIDE THE LUNCHROOM**