



Sunflowers Academy **Breakfast Program**

presented by Greater Miami Caterers, Inc.

August 2023

For Grades K-8
This menu is Dietician Approved to
meet NSLP & CCFP.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2		1	2	3	4
3	7	8	9	10	11
4	14	15	16	17 DICED PEARS FRUIT JUICE WHOLE WHEAT ENGLISH MUFFIN ENRICHED WHOLE GRAIN COLD CEREAL JELLY	18 PINEAPPLE TIDBITS FRUIT JUICE WHOLE GRAIN CORN MUFFIN ENRICHED WHOLE GRAIN COLD CEREAL JELLY
1	21 FRESH ORANGE FRUIT JUICE WHOLE GRAIN BLUEBERRY MUFFIN ENRICHED WHOLE GRAIN COLD CEREAL	22 FRESH APPLE FRUIT JUICE WHITE BREAD ENRICHED WHOLE GRAIN COLD CEREAL MARGARINE	23 PINEAPPLE TIDBITS FRUIT JUICE WHOLE WHEAT ENGLISH MUFFIN ENRICHED WHOLE GRAIN COLD CEREAL JELLY	24 FRESH BANANA FRUIT JUICE WHOLE WHEAT BREAD ENRICHED WHOLE GRAIN COLD CEREAL MARGARINE	25 FRESH MELON (DOUBLE PORTION) WHOLE WHEAT BAGEL CREAM CHEESE
2	28 MANDARIN ORANGES FRUIT JUICE ENRICHED WHOLE GRAIN COLD CEREAL LOW-FAT YOGURT	29 PINEAPPLE TIDBITS FRUIT JUICE WHOLE GRAIN BANANA MUFFIN ENRICHED WHOLE GRAIN COLD CEREAL	30 DICED PEACHES FRUIT JUICE CINNAMON RAISIN BREAD(2 SLICES) MARGARINE	31 DICED PEARS FRUIT JUICE WHOLE WHEAT BUTTERMILK BISCUIT HARD BOILED EGG JELLY	

ALL MEALS ARE SERVED WITH 1% OR 0% LOW FAT MILK (YOUR CHOICE)