



Collegiate Academies Breakfast Menu August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9	10
13 Mini Cinnis or Assorted Cold Cereal w/Graham Crackers Assorted Fresh Fruit Assorted 100% Fruit Juice	14 Breakfast Sausage Biscuit Sandwich or Assorted Cold Cereal w/ Graham Crackers Assorted Fresh Fruit Assorted 100% Fruit Juice	15 Berry Parfait with Homemade Granola or Assorted Cold Cereal w/Graham Crackers Assorted Fresh Fruit Assorted 100% Fruit Juice	16 Pancake Sausage on a Stick or Assorted Cold Cereal w/ Graham Crackers Assorted Fresh Fruit Assorted 100% Fruit Juice	17 Banana Oatmeal or Assorted Cold Cereal w/Graham Crackers Assorted Fresh Fruit Assorted 100% Fruit Juice
20 Mini Blueberry Pancakes or Assorted Cold Cereal w/Graham Crackers Assorted Fresh Fruit Assorted 100% Fruit Juice	21 Ham & Cheese Bagel Melt or Assorted Cold Cereal w/ Graham Crackers Assorted Fresh Fruit Assorted 100% Fruit Juice	22 Breakfast Sausage on English Muffin or Assorted Cold Cereal w/Graham Crackers Assorted Fresh Fruit Assorted 100% Fruit Juice	23 WG Muffin with Low Fat Yogurt or Assorted Cold Cereal w/ Graham Crackers Assorted Fresh Fruit Assorted 100% Fruit Juice	24 Mini Maple Waffles or Assorted Cold Cereal w/Graham Crackers Assorted Fresh Fruit Assorted 100% Fruit Juice
27 Mini Cinnis or Assorted Cold Cereal w/Graham Crackers Assorted Fresh Fruit Assorted 100% Fruit Juice	28 Pancake Sausage on a Stick or Assorted Cold Cereal w/Graham Crackers Assorted Fresh Fruit Assorted 100% Fruit Juice	29 Berry Parfait with Homemade Granola or Assorted Cold Cereal w/ Graham Crackers Assorted Fresh Fruit Assorted 100% Fruit Juice	30 Breakfast Sausage Biscuit Sandwich or Assorted Cold Cereal w/Graham Crackers Assorted Fresh Fruit Assorted 100% Fruit Juice	31 Bagel with Cream Cheese or Assorted Cold Cereal w/Graham Crackers Assorted Fresh Fruit Assorted 100% Fruit Juice

Choice of one entrée, vegetable sides, assorted fruit and Fat Free White or Low Fat White or Fat Free Chocolate Milk

Chartwells Food and Nutrition Guidelines make it easier than ever for students to make healthy food and beverage choices at school. They include...

- Deeply colored, nutrient dense and fiber rich fruits and vegetables, such as sweet potatoes, spinach, peaches, broccoli and beans;
- Whole grain foods, such as brown rice and whole wheat;
- Lean proteins including vegetarian and plant based;
- Reduction of unhealthy fats, sodium, and sugar;
- Hormone free milk;
- Poultry products raised without the routine use of antibiotics;
- Sustainable seafood;
- Cage free shell eggs;
- Locally grown produce; and
- A la carte snacks and beverages that meet our strict Balanced Choices nutritional parameters