

# SEPTEMBER

2020

VISTA DEL FUTURO CHARTER  
SCHOOL- BREAKFAST



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Oatmeal  
Toast with jelly  
Juice  
Fruit  
Milk

1.

Poptarts  
Juice  
Fruit  
Milk

2.

Breakfast pizza  
Juice  
Fruit  
Milk

3.

Assorted cereal  
Banana bread  
Juice  
Fruit  
Milk

4.

Labor day

7.

Pancakes w syrup  
Juice  
Fruit  
Milk

8.

Cereal bar  
Yogurt  
Juice  
Fruit  
Milk

9.

Scrambled eggs - biscuit  
Bacon  
Juice  
Fruit  
Milk

10.

Chocolate chip cookies  
Cheese string  
Juice  
Fruit  
Milk

11.

Assorted cereal  
Cookies  
Juice  
Fruit  
Milk

14.

Cinnamon sugar donut  
Juice  
Fruit  
Milk

15.

Concha Bread  
Juice  
Fruit  
Milk

16.

Egg sausage biscuit  
Sandwich  
Juice  
Fruit  
Milk

17.

Chicken Pozole  
Tostada chips  
Juice  
Fruit  
Milk

18.

Assorted cereal  
Cookies  
Juice  
Fruit  
Milk

21.

Breakfast corndog  
Syrup  
Juice  
Fruit  
Milk

22.

Cinnamon Glazed Pancakes  
Juice  
Fruit  
Milk

23.

Potatoes w Chorizo  
Flour tortilla  
Juice  
Fruit  
Milk

24.

Assorted cereal  
Muffin  
Juice  
Fruit  
Milk

25.

Assorted cereal  
Cookies  
Juice  
Fruit  
Milk

28.

Arroz con leche  
Toast with jelly  
Juice  
Fruit  
Milk

29.

Mini chicken waffle  
Syrup  
Juice  
Fruit  
Milk

30.

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TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER

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Food and Nutrition Division  
National School Lunch Program and School Breakfast Program



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