September 2026 K-12 Breakfast Menu

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain Cereal (Cinnamon Toast Crunch), Applesauce, 100% Fruit Juice, Fluid Milk August 31st	Whole Grain Breakfast Bar, Fruit Cup, 100% Fruit Juice, Fluid Milk 1	Whole Grain Banana Muffin, Fresh Orange, 100% Fruit Juice, Fluid Milk 2	Whole Grain Bagel w/ Cream Cheese, Fresh Apple, 100% Fruit Juice, Fluid Milk 3	Whole Grain Strawberry Pancake Bites, Pear, 100% Fruit Juice, Fluid Milk 4
Holiday - No Meals 7	Whole Grain Cereal (Apple Cinnamon Cheerios), Applesauce, 100% Fruit Juice, Fluid Milk 8	Whole Grain Chocolate Chip Muffin, Fresh Orange, 100% Fruit Juice, Fluid Milk 9	Whole Grain Stuffed Cinnamon Cream Cheese Bagel, Fresh Apple, 100% Fruit Juice, Fluid Milk 10	Whole Grain Croissant w/ Jelly, Pear, 100% Fruit Juice, Fluid Milk 11
Whole Grain Cereal (Honey Cheerios), Applesauce, 100% Fruit Juice, Fluid Milk 14	Whole Grain Breakfast Bar, Fruit Cup, 100% Fruit Juice, Fluid Milk 15	Whole Grain Blueberry Muffin, Fresh Orange, 100% Fruit Juice, Fluid Milk 16	Whole Grain Bagel w/ Cream Cheese, Fresh Apple, 100% Fruit Juice, Fluid Milk 17	Whole Grain Strawberry Pancake Bites, Pear, 100% Fruit Juice, Fluid Milk 18
Whole Grain Cereal (Low Sugar Trix Cereal), Applesauce, 100% Fruit Juice, Fluid Milk 21	Whole Grain Granola & Yogurt, Fruit Cup, 100% Fruit Juice, Fluid Milk 22	Whole Grain Cinnamon Loaf, Fresh Orange, 100% Fruit Juice, Fluid Milk 23	Whole Grain Stuffed Strawberry Cream Cheese Bagel, Fresh Apple, 100% Fruit Juice, Fluid Milk 24	Whole Grain Croissant w/ Jelly, Pear, 100% Fruit Juice, Fluid Milk 25
Whole Grain Cereal (Cinnamon Toast Crunch), Applesauce, 100% Fruit Juice, Fluid Milk 28	Whole Grain Breakfast Bar, Fruit Cup, 100% Fruit Juice, Fluid Milk 29	Whole Grain Banana Muffin, Fresh Orange, 100% Fruit Juice, Fluid Milk 30		

City Fresh Foods | P.O. Box 255698 | Dorchester, MA 02125 Menu subject to change This institution is an equal opportunity provider Phone 617-606-7123 | Fax 617-606-7126 |

Before placing meal orders please determine whether any anticipated consumers have a food allergy and specifically notify City Fresh Foods of the potential allergen requirements at the time that the order is placed. In accordance with Massachusetts General Law and Regulations, before placing your order, please inform your server if a person in your party has a food allergy.

September 2026 K-12
Hot Breakfast Menu

Delivering health one meal at a time!

Monday	Tuesday	HOT BREAKFAST Wednesday	Thursday	HOT BREAKFAST Friday
Whole Grain Cereal (Cinnamon Toast Crunch), Applesauce, 100% Fruit Juice, Fluid Milk **August 31st**	Whole Grain Breakfast Bar, Fruit Cup, 100% Fruit Juice, Fluid Milk **1**	Whole Grain Corn Muffin, Chicken Sausage, Cinnamon Apples, 100% Fruit Juice, Fluid Milk **2**	Whole Grain Bagel w/ Cream Cheese, Fresh Apple, 100% Fruit Juice, Fluid Milk **3**	Whole Grain French Toast w/ Syrup, Breakfast Potatoes, Fruit, 100% Fruit Juice, Fluid Milk **4**
Holiday - No Meals **7**	Whole Grain Cereal (Apple Cinnamon Cheerios), Applesauce, 100% Fruit Juice, Fluid Milk **8**	Cheese Omelet, Whole Grain Biscuit, Breakfast Potatoes, 100% Fruit Juice, Fluid Milk **9**	Whole Grain Stuffed Cinnamon Cream Cheese Bagel, Fresh Apple, 100% Fruit Juice, Fluid Milk **10**	Breakfast Pizza Bagel (Egg & Turkey Sausage), Fruit, 100% Fruit Juice, Fluid Milk **11**
Whole Grain Cereal (Honey Cheerios), Applesauce, 100% Fruit Juice, Fluid Milk **14**	Whole Grain Breakfast Bar, Fruit Cup, 100% Fruit Juice, Fluid Milk **15**	Egg & Cheese Sandwich on Whole Grain English Muffin, Breakfast Potatoes, 100% Fruit Juice, Fluid Milk **16**	Whole Grain Bagel w/ Cream Cheese, Fresh Apple, 100% Fruit Juice, Fluid Milk **17**	Whole Grain Mini Pancakes w/ Fruit Compote, 100% Fruit Juice, Fluid Milk **18**
Whole Grain Cereal (Low Sugar Trix Cereal), Applesauce, 100% Fruit Juice, Fluid Milk **21**	Whole Grain Granola & Yogurt, Fruit Cup, 100% Fruit Juice, Fluid Milk **22**	Maple Waffles, Cinnamon Peaches, 100% Fruit Juice, Fluid Milk **23**	Whole Grain Stuffed Strawberry Cream Cheese Bagel, Fresh Apple, 100% Fruit Juice, Fluid Milk **24**	Pancake & Chicken Sausage Breakfast Sandwich, Breakfast Potatoes, 100% Fruit Juice, Fluid Milk **25**
Whole Grain Cereal (Cinnamon Toast Crunch), Applesauce, 100% Fruit Juice, Fluid Milk **28**	Whole Grain Breakfast Bar, Fruit Cup, 100% Fruit Juice, Fluid Milk **29**	Whole Grain Corn Muffin, Chicken Sausage, Cinnamon Apples, 100% Fruit Juice, Fluid Milk **30**		