

# Sioux Valley School District

## September Breakfast Menu

### Monday

3  
No School

### Tuesday

4  
A. Breakfast Taco  
B. Mini Cinnis  
C. Dutch Waffle  
  
Fruit & Juice  
Milk Choice

### Wednesday

5  
A. Dutch Waffle  
B. Cherry Frudel  
C. Long John Donut  
  
Fruit & Juice  
Milk Choice

### Thursday

6  
A. Breakfast Sliders  
B. Strawberry Cream Bagels  
C. Chocolate Filled Crescent  
  
Fruit & Juice  
Milk Choice

### Friday

7  
A. Cinnamon Roll  
B. Super Cinni Pretzel  
C. Breakfast Pizza  
  
Fruit & Juice  
Milk Choice

10  
A. Breakfast Pizza  
B. Breakfast Rounds  
C. Long John Donut  
  
Fruit & Juice  
Milk Choice

11  
A. Cheesy Eggs w/Toast  
B. Mini Cinnis  
C. Dutch Waffle  
  
Fruit & Juice  
Milk Choice

12  
A. French Toast Sticks  
B. Cherry Frudel  
C. Long John Donut  
  
Fruit & Juice  
Milk Choice

13  
A. Egg & Chz English Muffin  
B. Strawberry Cream Bagels  
C. Chocolate Filled Crescent  
  
Fruit & Juice  
Milk Choice

14  
A. Long John Donut  
B. Super Cinni Pretzel  
C. Breakfast Pizza  
  
Fruit & Juice  
Milk Choice

17  
A. Breakfast Boat  
B. Breakfast Round  
C. Long John Donut  
  
Fruit & Juice  
Milk Choice

18  
A. Sausage, Tri-Tater, Toast  
B. Mini Cinnis  
C. Dutch Waffle  
  
Fruit & Juice  
Milk Choice

19  
A. Waffles  
B. Cherry Frudel  
C. Long John Donut  
  
Fruit & Juice  
Milk Choice

20  
A. Pancake Sausage Stick  
B. Strawberry Cream Bagels  
C. Chocolate Filled Crescent  
  
Fruit & Juice  
Milk Choice

21  
A. Glazed Donut Ring  
B. Super Cinni Pretzel  
C. Breakfast Pizza  
  
Fruit & Juice  
Milk Choice

24  
A. Breakfast Pizza  
B. Breakfast Round  
C. Long John Donut  
  
Fruit & Juice  
Milk Choice

25  
A. Cheesy Eggs w/Toast  
B. Mini Cinnis  
C. Dutch Waffle  
  
Fruit & Juice  
Milk Choice

26  
A. French Toast Sticks  
B. Cherry Frudel  
C. Long John Donut  
  
Fruit & Juice  
Milk Choice

27  
A. Egg & Chz English Muffin  
B. Strawberry Cream Bagels  
C. Chocolate Filled Crescent  
  
Fruit & Juice  
Milk Choice

28  
No School



\*Please\*  
remember to  
take at least  
½ cup fruit & or  
Juice for a well  
balance meal



**Dairy Benefits:**

- Brain Development
- Strong Bones/Teeth
- Sports Recovery
- Disease Prevention
- Maintain Strong Muscles & Bones

2-3 servings a day

For more info visit:  
[www.midwestdairy.com](http://www.midwestdairy.com)

**MEAL PRICES**  
**Student Breakfast: \$1.65**  
**Reduced Breakfast: \$.30**  
**Adult Breakfast: \$1.95**  
**Extra Entrée: \$1.25**  
**Extra Milk: \$.50**  
**Extra Juice: \$.55**



**ENTRÉES OFFERED DAILY**  
**JK – 8th: Entrée A, B, C or Cereal & Toast**  
**High School: Breakfast Entrée with Cereal or Toast**