



September 2023

BREAKFAST MENU

Ascend Academy Charter High School

*Daily Beverage Options Are: 1% Milk & Nonfat Chocolate Milk

Menus Are Subject and Are Based on Availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 WW Bagel w/Cream Cheese Fresh Fruit 100% Juice
4 <i>NO SCHOOL</i>	5 Egg & Cheese WG Biscuit Fresh Fruit 100% Juice	6 Pancake Wrapped Sausage Fresh Fruit 100% Juice	7 Assorted Cereal or Granola Bar Yogurt Option Fresh Fruit 100% Juice	8 WW Bagel w/Cream Cheese Fresh Fruit 100% Juice
11 WG Pancakes Fresh Fruit 100% Juice	12 Egg Patty Turkey Sausage WG Biscuit Fresh Fruit 100% Juice	13 WG Mini Waffle Bites Fresh Fruit 100% Juice	14 Assorted Cereal or Granola Bar Yogurt Option Fresh Fruit 100% Juice	15 WW Bagel w/Cream Cheese Fresh Fruit 100% Juice
18 Scrambled Eggs Turkey Sausage WG Biscuit Fresh Fruit 100% Juice	19 Mini Breaded Chicken WG Biscuit Fresh Fruit 100% Juice	20 Egg Frittata WG Biscuit Fresh Fruit 100% Juice	21 Assorted Cereal or Granola Bar Yogurt Option Fresh Fruit 100% Juice	22 WW Bagel w/Cream Cheese Fresh Fruit 100% Juice
25 <i>NO SCHOOL</i>	26 Egg & Cheese WG Biscuit Fresh Fruit 100% Juice	27 WG Pancakes Fresh Fruit 100% Juice	28 Assorted Cereal or Granola Bar Yogurt Option Fresh Fruit 100% Juice	29 WW Bagel w/Cream Cheese Fresh Fruit 100% Juice

