



**HOLYOKE PUBLIC SCHOOLS  
BLESSED SACRAMENT  
BREAKFAST MENU  
AUGUST AND SEPTEMBER 2023**



Monday 08/28	Tuesday 08/29	Wednesday 08/30	Thursday 08/31	Friday 09/01
WG Cinnamon Chex Cereal	WG Apple Cinnamon Muffin	WG Golden Grahams Cereal	Vanilla Yogurt	WG Banana Muffin
WG Cinnamon Goldfish Cracker	WG Cinnamon Goldfish Cracker	WG Cinnamon Goldfish Cracker	WG Cinnamon Goldfish Cracker	WG Cinnamon Goldfish Cracker
Fresh Fruit 100% Juice	Canned Fruit 100% Juice	Fresh Fruit 100% Juice	Canned Fruit 100% Juice	Fresh Fruit 100% Juice
09/04 <b>NO SCHOOL LABOR DAY</b>	09/05	09/06	09/07	09/08
	Whole Wheat Bagel with Cream Cheese Cup	WG Apple Muffin	Vanilla Yogurt	WG Banana Bread Slice
	WG Cinnamon Goldfish Cracker	WG Cinnamon Goldfish Cracker	WG Cinnamon Goldfish Cracker	WG Cinnamon Goldfish Cracker
	Canned Fruit 100% Juice	Fresh Fruit 100% Juice	Canned Fruit 100% Juice	Fresh Fruit 100% Juice
09/11	09/12	09/13	09/14	09/15
WG Banana Muffin	Apple Cinnamon Nutri-Grain Bar	WG Cinnamon Toast Crunch Cereal	Whole Wheat Bagel Cream Cheese Cup	WG Golden Grahams Cereal
WG Cinnamon Goldfish Cracker	WG Cinnamon Goldfish Cracker	WG Cinnamon Goldfish Cracker	WG Cinnamon Goldfish Cracker	WG Cinnamon Goldfish Cracker
Fresh Fruit 100% Juice	Canned Fruit 100% Juice	Fresh Fruit 100% Juice	Canned Fruit 100% Juice	Fresh Fruit 100% Juice
09/18	09/19	09/20	09/21	09/22
Vanilla Yogurt	Mini Cinnamon Rolls	WG Blueberry Muffin	WG Cinnamon Chex Cereal	Whole Wheat Bagel Cream Cheese Cup
WG Cinnamon Goldfish Cracker	WG Cinnamon Goldfish Cracker	WG Cinnamon Goldfish Cracker	WG Cinnamon Goldfish Cracker	WG Cinnamon Goldfish Cracker
Fresh Fruit 100% Juice	Canned Fruit 100% Juice	Fresh Fruit 100% Juice	Canned Fruit 100% Juice	Fresh Fruit 100% Juice
09/25	09/26	09/27	09/28	09/29
WG Apple Cinnamon Muffin	Golden Graham BRK Bar	WG Mini Strawberry Bagels	WG Cheerios Cereal	Vanilla Yogurt
WG Cinnamon Goldfish Cracker	WG Cinnamon Goldfish Cracker	WG Cinnamon Goldfish Cracker	WG Cinnamon Goldfish Cracker	WG Cinnamon Goldfish Cracker
Fresh Fruit 100% Juice	Canned Fruit 100% Juice	Fresh Fruit 100% Juice	Canned Fruit 100% Juice	Fresh Fruit 100% Juice
Whole Milk (Until 2 Years), 1% or Fat Free Milk (2-5 Years) Offered Daily				
PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES			Menu items are subject to change	