

# September 2020 DISTANCE LEARNING MEALS Liberty Union HSD

## BREAKFAST



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**Nutrition Tip:** September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



### Monday



HOLIDAY

7

### Tuesday

Cinnamon Bun

1

Cinnamon Bun

8

Cinnamon Bun

15

Cinnamon Bun

22

Cinnamon Bun

29

### Wednesday

Cereal w/Graham Cracker

2

Cereal w/Graham Cracker

9

Cereal w/Graham Cracker

16

Cereal w/Graham Cracker

23

Cereal w/Graham Cracker

30

### Thursday

Choc Chip Muffin

3

Choc Chip Muffin

10

Choc Chip Muffin

17

Choc Chip Muffin

24

### Friday

Cinnamon Crumble

4

Cinnamon Crumble

11

Cinnamon Crumble

18

Cinnamon Crumble

25

Mini bagel filled with Strawberry Cream Cheese

28

