



BREAKFAST

SEPTEMBER 2026

PAL Charter Academy

SEPTEMBER 1 - SEPTEMBER 30

Monday

Tuesday

Wednesday

Thursday

Friday



BAGELS & CREAM CHEESE 1
FRESH FRUIT
FRUIT JUICE
ORGANIC LOW FAT MILK
SOY/NUT MILK ALTERNATIVE

WHOLE GRAIN CEREAL 2
FRESH FRUIT
FRUIT JUICE
ORGANIC LOW FAT MILK
SOY/NUT MILK ALTERNATIVE

BREAKFAST BURRITO 3
(EGG/CHEESE/TURKEY)
FRESH FRUIT
FRUIT JUICE
ORGANIC LOW FAT MILK
SOY/NUT MILK ALTERNATIVE



WHOLE GRAIN CEREAL 8
FRESH FRUIT
FRUIT JUICE
ORGANIC LOW FAT MILK
SOY/NUT MILK ALTERNATIVE

MUFFINS 9
FRESH FRUIT
FRUIT JUICE
ORGANIC LOW FAT MILK
SOY/NUT MILK ALTERNATIVE

YOGURT BOWL W/ FRUIT & 10
GRANOLA
FRESH FRUIT
FRUIT JUICE
ORGANIC LOW FAT MILK
SOY/NUT MILK ALTERNATIVE



BANANA BREAD 14
FRESH FRUIT
FRUIT JUICE
ORGANIC LOW FAT MILK
SOY/NUT MILK ALTERNATIVE

WHOLE GRAIN CEREAL 15
FRESH FRUIT
FRUIT JUICE
ORGANIC LOW FAT MILK
SOY/NUT MILK ALTERNATIVE

MUFFINS 16
FRESH FRUIT
FRUIT JUICE
ORGANIC LOW FAT MILK
SOY/NUT MILK ALTERNATIVE

CEREAL BAR 17
FRESH FRUIT
FRUIT JUICE
ORGANIC LOW FAT MILK
SOY/NUT MILK ALTERNATIVE



BANANA BREAD 21
FRESH FRUIT
FRUIT JUICE
ORGANIC LOW FAT MILK
SOY/NUT MILK ALTERNATIVE

BAGELS & CREAM CHEESE 22
FRESH FRUIT
FRUIT JUICE
ORGANIC LOW FAT MILK
SOY/NUT MILK ALTERNATIVE

WHOLE GRAIN CEREAL 23
FRESH FRUIT
FRUIT JUICE
ORGANIC LOW FAT MILK
SOY/NUT MILK ALTERNATIVE

BREAKFAST BURRITO 24
(EGG/CHEESE/TURKEY)
FRESH FRUIT
FRUIT JUICE
ORGANIC LOW FAT MILK
SOY/NUT MILK ALTERNATIVE



WHOLE GRAIN CEREAL 28
FRESH FRUIT
FRUIT JUICE
ORGANIC LOW FAT MILK
SOY/NUT MILK ALTERNATIVE

MUFFINS 29
FRESH FRUIT
FRUIT JUICE
ORGANIC LOW FAT MILK
SOY/NUT MILK ALTERNATIVE

WHOLE GRAIN CEREAL 30
FRESH FRUIT
FRUIT JUICE
ORGANIC LOW FAT MILK
SOY/NUT MILK ALTERNATIVE



This Institution is an equal opportunity provider.
All grains offered are Whole Grain Rich

(V)- Vegetarian (DF) - Dairy Free

Choice of Organic Low Fat Milk or Soy Milk is offered daily

Menu items are subject to change based on product availability