



SEPTEMBER 2025

Brainerd K-12 Menu

All Students in K-12 receive **one free** breakfast daily.

Applications for educational benefits can be filled out online or in person at any school.

Monday

Labor Day

1

Tuesday

Benefit Bar
String Cheese
Applesauce
Juice
Milk

2

Wednesday

Pop Tart
Yogurt
Pears
Juice
Milk

3

Thursday

Mini Cinni Bagel
String Cheese
Peaches
Juice
Milk

4

Friday

Muffin
Yogurt
Mixed Fruit
Juice
Milk

5

Smoothie
Nutrigrain Bar
Fruit Cup
Juice
Milk

8

Cinnamon Toast
Hard Boiled Egg
Banana
Juice
Milk

9

Breakfast Pizza
Peaches
Juice
Milk

10

Bagel
Cream Cheese or Jelly
Frozen Blueberries
Juice
Milk

11

Breakfast Combo Bar (2)
Pears
Juice
Milk

12

Frudel
Applesauce
Peaches
Yogurt
Milk

15

Omelet
Sausage Link
Cherry Star Juice
Raisins
Milk

16

Pancake on a Stick
Whole Apple or 2 bags of sliced apples
String Cheese
Milk

17

Donut
Variety 1 Cup Fruit
Yogurt
Milk

18

Cheese Egg Bites (2)
Tri Tater
Orange Wedges
Milk

19

Cereal Bowl- Variety- low sugar
String Cheese
Variety Fruit
Juice
Milk

22

French Toast Stick
Sausage Link
Oranges
Juice
Milk

23

Banana Split Parfait!
Nutrigrain Bar
Juice
Milk

24

Mini Pancakes
Cottage Cheese
Variety Fruit (1 Cup)
Milk

25

Egg and Cheese Sandwich
Peaches & Pears
Milk

26

Benefit Bar
String Cheese
Applesauce
Juice
Milk

29

Breakfast Pizza
Frozen Fruit Cup
Juice
Milk

30

All grain items are whole grain rich. Cereal and yogurt served have less than 6g of sugar per serving. Juice is 100% fruit juice and meets "Buy American" clause.

Trix Yogurt: Gelatin, artificial color and HF corn syrup free. **GF Cereal Options:** Lucky Charms, Crispy Rice, Cheerios. **Sausage items contain:** Pork

All schools participate in Offer V Serve: Students must take 3 out of 5 components to receive a full free meal.

Low Sugar Cereal available daily as a main entrée alternate. Special Diets available upon request.

Equal Opportunity Provider.