





September 2025 St. Bernadette Breakfast Menu




Monday	Tuesday	Wednesday	Thursday	Friday
 LABOR DAY NO SCHOOL	1 Pancake & Sausage Stick OR Choice of Cereal & Toast AND Diced Peaches Diced Potatoes	2 Three Cheese Egg Bite w/Toast OR Choice of Cereal & Toast AND Fresh Fruit (PK: Banana) Diced Pears Buttered Grits	3 Sausage & Gravy Bites OR Choice of Cereal & Toast AND Fresh Fruit (PK: Banana) Diced Peaches	4 Homemade Cinnamon Roll OR Choice of Cereal & Toast AND Fresh Fruit (PK: Banana) Applesauce Buttered Grits
8 Scrambled Eggs w/Toast OR Choice of Cereal & Toast AND Applesauce Chilled Strawberries	9 Classic Pancakes OR Choice of Cereal & Toast AND Diced Peaches Diced Potatoes	10 Scrambled Eggs w/Toast OR Choice of Cereal & Toast AND Fresh Fruit (PK: Banana) Diced Pears Buttered Grits	11 Homestyle Chicken & Waffles OR Choice of Cereal & Toast AND Fresh Fruit (PK: Banana) Diced Peaches	12 Fresh Beignet OR Choice of Cereal & Toast AND Fresh Fruit (PK: Banana) Applesauce Buttered Grits
15 Chicken Biscuit OR Choice of Cereal & Toast AND Applesauce Chilled Strawberries	16 French Toast Sticks OR Choice of Cereal & Toast AND Diced Peaches Diced Potatoes	17 Golden Waffles OR Choice of Cereal & Toast AND Fresh Fruit (PK: Banana) Diced Pears Buttered Grits	18 Scrambled Eggs w/Toast OR Choice of Cereal & Toast AND Fresh Fruit (PK: Banana) Diced Peaches	19 Grilled Cheese Triangle OR Choice of Cereal & Toast AND Fresh Fruit (PK: Banana) Applesauce Buttered Grits
22 Chicken Biscuit OR Choice of Cereal & Toast AND Applesauce Chilled Strawberries	23 Pancake & Sausage on a Stick OR Choice of Cereal & Toast AND Diced Peaches Diced Potatoes	24 Three Cheese Egg Bite w/Toast OR Choice of Cereal & Toast AND Fresh Fruit (PK: Banana) Diced Pears Buttered Grits	25 Sausage & Gravy Bites OR Choice of Cereal & Toast AND Fresh Fruit (PK: Banana) Diced Peaches	26 Homemade Cinnamon Roll OR Choice of Cereal & Toast AND Fresh Fruit (PK: Banana) Applesauce Buttered Grits
29 Sausage Biscuit OR Choice of Cereal & Toast AND Applesauce Chilled Strawberries	30 Classic Pancakes OR Choice of Cereal & Toast AND Diced Peaches Diced Potatoes			

Choice of White, Chocolate or Strawberry Milk

THE HISTORY OF LABOR DAY

The first Monday in September is set aside to celebrate American Workers





SEPTEMBER Fun Facts

- 30 DAYS IN THE MONTH
- Chinese Moon Festival
- National Talk Like a Pirate Day
- Patriot Day
- Aster September Flowers
- Sapphire Birthstone
- National Coffee Day
- Goodbye Summer > Hello Fall
- National Play Doh Day
- 9th Month of The Year
- National Potato Day
- Astrology Signs: Virgo, Libra

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THE HISTORY OF LABOR

- 1880s**
the average work day was 12 hours, but could often reach upwards of 18 hours
- 1882**
Labor Day got its beginnings when the Central Labor Union in New York called for a "monster labor festival" that included a parade and picnic
- 1887**
Oregon became the first state to make Labor Day an official holiday
- 1894**
Congress made Labor Day a national holiday
- 1933**
the eight-hour day became federal law
- 1950s**
the eight-hour day finally became standard in the U.S.

Lactose-free, low fat chocolate or white milk offered with all meals.Fresh fruit options are green or red grapes, oranges or bananas.**Menus are subject to change.**This institution is an equal opportunity provider.**