

SEPTEMBER 2023

Poplarville Upper Elementary

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	Monday	Tuesday	Wednesday	Thursday	Friday
					Sausage and Biscuit Cereal or Pop Tart Grits Fruit Fruit Juice Assorted Milk Jelly
	No School 4	Pancake on a Stick Banana Muffin/ Yogurt	French Toast Sticks/ Ham6 Cereal or Pop Tart	Pancakes/ Bacon Lemon Bread /Yogurt	Sausage and Biscuit Cereal or Pop Tart
	Labor Day	Grits Fruit	Oatmeal Fruit	Fruit Fruit Juice	Grits Fruit
		Fruit Juice	Fruit Fruit Fruit	Assorted Milk	Fruit Fruit Juice
	,	Assorted Milk	Assorted Milk	Syrup	Assorted Milk
		Syrup	Svrup		Jellv
	Breakfast Pizza Cereal	Pancake on a Stick Banana Muffin/ Yogurt	French Toast Sticks/ Ha	Pancakes/ Bacon Lemon Bread /Yogurt	Sausage and Biscuit Cereal or Pop Tart
	Pop Tart	Grits	Oatmeal	Fruit	Grits
	Grits	Fruit	Fruit	Fruit Juice	Fruit
	Fruit Fruit Juice	Fruit Juice Assorted Milk	Fruit Juice Assorted Milk	Assorted Milk Syrup	Fruit Juice Assorted Milk
	Assorted Milk	Syrup	Syrup	бугар	Jelly
	Breakfast Pizza 18	Pancake on a Stick 19	French Toast Sticks/ Hapon	Pancakes/ Bacon Lemon Bread /Yogurt Fruit	Sausage and Biscuit 22
	Cereal Pop Tart	Banana Muffin/ Yogurt Grits	Cereal or Pop Tart Oatmeal	Lemon Bread /Yogurt Fruit	Cereal or Pop Tart Grits
	Grits	Fruit	Fruit	Fruit Juice	Fruit
	Fruit	Fruit Juice	Fruit Juice Assorted Milk	Assorted Milk	Fruit Juice
	Fruit Juice Assorted Milk	Assorted Milk Svrup	Assorted Willik Svrup	Syrup	Assorted Milk Jellv
	Breakfast Pizza 25	Pancake on a Stick 26	French Toast Sticks/ Han 27	Pancakes/ Bacon 28	Sausage and Biscuit 29
	Cereal Pop Tart	Banana Muffin/ Yogurt Grits	Cereal or Pop Tart Oatmeal	Lemon Bread /Yogurt	Cereal or Pop Tart Grits
	Grits	Fruit	Fruit	Fruit Fruit Juice	Fruit
	Fruit	Fruit Juice	Fruit Juice	Assorted Milk	Fruit Juice
	Fruit Juice Assorted Milk	Assorted Milk Syrup	Assorted Milk Svrup	Syrup	Assorted Milk Jelly
	Masoried Milk	Syrup	Sylup		Jeny