

Seminole Academy Breakfast Menu

September 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Labor Day No School 1	BelVita Blueberry Biscuit Craisins 100% Apple Juice Milk Choice Half Day 2	Cocoa Puffs Cereal Giant Goldfish Apple Milk Choice 3	String Cheese WG Tiger Bites Banana Milk Choice 4	Cheerios Cereal Graham Crackers Mixed Fruit Cup Milk Choice 5
Corn Chex Cereal Orange 100% Apple Juice Milk Choice 8	Apple Cinnamon Muffin WG Tiger Bites Apple Milk Choice 9	Frosted Flakes Cereal Graham Crackers Apple Milk Choice Late Start 10	Yogurt Giant Goldfish Banana Milk Choice 11	Cinnamon Toast Crunch Bar Craisins 100% Orange Juice Milk Choice 12
Ultimate Breakfast Round Raisins 100% Strawberry Kiwi Juice Milk Choice 15	Trix Cereal Pineapple Cup 100% Fruit Juice Milk Choice 16	WG Bagel w/Cream Cheese Giant Goldfish Apple Milk Choice 17	Cinnamon Toast Crunch Cereal Banana 100% Orange Juice Milk Choice 18	WG Mini Maple Waffles Orange 100% Apple Juice Milk Choice 19
Strawberry Cheerios Cereal Bar Giant Goldfish Apple Milk Choice 22	WG Snackin Maple Waffle Applesauce 100% Fruit Juice Milk Choice 23	Golden Grahams Cereal WG Tiger Bites Apple Milk Choice Late Start 24	Strawberry Banana Yogurt Banana 100% Orange Juice Milk Choice 25	BelVita Blueberry Biscuit Diced Pear Cup 100% Strawberry Kiwi Juice Milk Choice 26
Apple Cinnamon Cheerios Cereal Graham Crackers Craisins Milk Choice 29				



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Contact your Food Service Director,
Renee Frederick, at (313) 269-7108
 or email FrederickR@mtcps.org
 for questions or comments.

We are a 10 Cents a Meal grantee, and we purchase
 Michigan-grown products.

****Menu Subject to Change****

"or;" = An alternative selection to choose.
 "WG" = Whole Grain 1% White & 1% Chocolate
 Milk available daily.

Daily Produce Bar with rotating fruits and
 vegetables. An alternative meal is available.