

Breakfast

“USDA is an equal opportunity provider and employer”



October 2019 Choose a salad as an alternate lunch daily (H.S. & M.S. only

Milk served with meal

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	BB muffin	Breakfast pizza	Pancakes / syrup	Cereal
	String cheese	Fruit	Fruit	Poptart
	Fruit	Fruit juice	Fruit juice	Fruit
	Fruit juice			Fruit juice
7	8	9	10	11
Ham, egg & cheese croissant	Cereal bar	Pancake on a stick	Cinnamon roll	Cereal
	Mozzarella cheese stick	Fruit	String cheese	Poptart
Fruit	Fruit	Fruit juice	Fruit	Fruit
Fruit juice	Fruit juice		Fruit juice	Fruit juice
14	15	16	17	18
	Donut	Breakfast pizza	Chocolate chip muffin	Cereal
	Fruit	Fruit	String cheese	Poptart
NO SCHOOL	Fruit juice	Fruit juice	Fruit	Fruit
			Fruit juice	Fruit juice
21	22	23	24	25
French tst w/ syrup	Breakfast stick	Long John	Pancake on a stick	Cereal
Fruit	Fruit	Fruit	Fruit	Poptart
Fruit juice	Fruit juice	Fruit juice	Fruit juice	Fruit
				Fruit juice
28	29	30	31	
Mini donuts or cereal	Cereal bar or cereal	Breakfast pizza or cereal	Waffles w/ syrup or cereal	
Fruit	Mozzarella cheese stick	Fruit	Fruit	
Fruit juice	Fruit	Fruit juice	Fruit juice	
	Fruit juice			