

October School Breakfast Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>All Breakfasts except 4K student meal are served with the students choice of 1%, Skim or Chocolate Milk</p>	<p>2 Breakfast: Cinnamon Roll or Assorted Cereal w/Cheese Stick <u>Side Options:</u> Mixed Fruit, & Apple Juice</p>	<p>3 Breakfast: Pancakes w/ Syrup or Ultimate Breakfast Rounds <u>Side Options:</u> Apple Sauce Cup, Peaches & Orange Juice</p>	<p>4 Breakfast: French Toast Sticks w/ Syrup or Pop Tart w/ Cheese Stick <u>Side Options:</u> Strawberry Cup, Banana & Apple Juice</p>	<p>5 Breakfast: Ham & Cheese Breakfast Bar or Ultimate Breakfast Round <u>Side Options:</u> Apple Sauce Cup, Pears & Orange Juice</p>	<p>6 Breakfast: Breakfast Bagel Pizza or Assorted Cereal w/ Cheese Stick <u>Side Options:</u> Mixed Fruit, Apple Sauce & Orange Juice</p>	
<p>All 4K breakfast meals are served with a choice of 1% low-fat or non-fat Milk</p>	<p>9 Breakfast: Pancake Wrap or Pop Tart w/ Cheese Stick <u>Side Options:</u> Peaches & Apple Juice</p>	<p>10 Breakfast: Breakfast Sandwich or Assorted Cereal w/ Cheese Stick <u>Side Options:</u> Apple Sauce Cup, Peaches & Orange Juice</p>	<p>11 Breakfast: Waffles w/ Syrup or Pop Tart w/ Cheese Stick <u>Side Options:</u> Strawberries, Banana & Apple Juice</p>	<p>12 Breakfast: Ham & Cheese Breakfast Bar or Ultimate Breakfast Round <u>Side Options:</u> Apple Sauce Cup, Pears & Orange Juice</p>	<p>13 Breakfast: Jump Start Kit or Banana Muffin <u>Side Options:</u> Mixed Fruit, Banana & Orange Juice</p>	
	<p>16 Breakfast: Breakfast Pizza or Assorted Cereal w/ Cheese Stick <u>Side Options:</u> Mixed Fruit, Apple Sauce & Orange Juice</p>	<p>17 Breakfast: Biscuits & Gravy or Ultimate Breakfast Round <u>Side Options:</u> Orange Wedges, Banana & Apple Juice</p>	<p>18 Breakfast: French Toast Sticks w/ Syrup or Assorted Cereal w/ Cheese Stick <u>Side Options:</u> Strawberries, Sliced Peaches & Apple Juice</p>	<p>19 Breakfast: Breakfast Sandwich or Blueberry Muffin <u>Side Options:</u> Apple Sauce Cup, Pears & Grape Juice</p>	No School	
	No School		<p>24 Breakfast: Ham & Cheese Breakfast Bar or Assorted Cereal w/ Cheese Stick <u>Side Options:</u> Apple Sauce Cup, Peaches & Orange Juice</p>	<p>25 Breakfast: Pop Tart w/ Cheese Stick or Ultimate Breakfast Round <u>Side Options:</u> Mixed Fruit, Apple Slices & Orange Juice</p>	<p>26 Breakfast: Pancake Wrap or Assorted Cereal w/ Cheese Stick <u>Side Options:</u> Strawberries & Apple Juice</p>	<p>27 Breakfast: Breakfast Sandwich or Banana Muffin <u>Side Options:</u> Fruit Cocktail, Banana & Apple Juice</p>
<p>Al a Carte Breakfast Options Available for all Students 5th-12th Grades</p>	<p>30 Breakfast: Breakfast Bagel Pizza or Assorted Cereal w/ Cheese Stick <u>Side Options:</u> Mixed Fruit, Apple Sauce & Orange Juice</p>	<p>31 Breakfast: Biscuits & Gravy or Blueberry Muffin <u>Side Options:</u> Banana, Diced Mango & Apple Juice</p>	<p><u>The School Value Breakfast Meal consists of the following Items.</u></p> <ol style="list-style-type: none"> 1) Meat /Whole Grain Rich options 2) Fruit 3) Milk Choices <p>All For One Low Price!</p>			