

October School Breakfast Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
All Breakfasts except 4K student meal are served with the students choice of 1%, Skim or Chocolate Milk	1 Breakfast: Breakfast Bagel Pizza or Assorted Cereal w/ Cheese Stick Side Options: Mixed Fruit, Apple Sauce & Orange Juice	2 Breakfast: Pancakes w/ Syrup or Blueberry Muffin Side Options: Banana, Fruit Cocktail & Apple Juice	3 Breakfast: Breakfast Burrito or Assorted Cereal w/ Cheese Stick Side Options: Sliced Peaches, Apple Sauce Cups & Orange Juice	4 Breakfast: French Toast Sticks w/ Syrup or Ultimate Breakfast Round Side Options: Pears, Banana & Orange Juice	5 Breakfast: Pop Tart or Blueberry Muffin Side Options: Cheese Stick, Fruit Cocktail, Apple Slices & Orange Juice	
	8 Breakfast: Cinnamon Roll or Assorted Cereal w/Cheese Stick Side Options: Mixed Fruit, & Apple Juice	9 Breakfast: Pancakes w/ Syrup or Ultimate Breakfast Rounds Side Options: Apple Sauce Cup, Peaches & Orange Juice	10 Breakfast: French Toast Sticks w/ Syrup or Pop Tart w/ Cheese Stick Side Options: Strawberry Cup, Banana & Apple Juice	11 Breakfast: Ham & Cheese Breakfast Bar or Ultimate Breakfast Round Side Options: Apple Sauce Cup, Pears & Orange Juice	12 Breakfast: Breakfast Pizza or Assorted Cereal w/ Cheese Stick Side Options: Mixed Fruit, Apple Sauce & Orange Juice	
15 Breakfast: Pancake Wrap or Pop Tart w/ Cheese Stick Side Options: Kiwi, Apple Sauce & Orange Juice	16 Breakfast: Breakfast Sandwich or Assorted Cereal w/ Cheese Stick Side Options: Apple Sauce Cup, Peaches & Orange Juice	17 Breakfast: Waffles w/ Syrup or Pop Tart w/ Cheese Stick Side Options: Strawberries, Banana & Apple Juice	18 Breakfast: Breakfast Bites or Ultimate Breakfast Round Side Options: Apple Sauce Cup, Pears & Orange Juice	19 Breakfast: Jump Start Breakfast Kit or Blueberry Muffin w/Cheese Stick Side Options:		
22 Breakfast: Mini Bagel or Pop Tart w/ Cheese Stick Side Options: Kiwi, Apple Sauce & Orange Juice	23 Breakfast: Breakfast Burrito or Ultimate Breakfast Round Side Options: Fruit Cocktail, Apple Sauce & Apple Juice	24 Breakfast: French Toast Sticks w/ Syrup or Assorted Cereal w/ Cheese Stick Side Options: Strawberries, Sliced Peaches & Apple Juice	25 No School	26 No School		
Al a Carte Breakfast Options Available for all Students 5th-12th Grades	29 Breakfast: Waffles w/ Syrup or Ultimate Breakfast Round Side Options: Strawberry Cups, Apple Sauce & Apple Juice	30 Breakfast: Ham & Cheese Breakfast Bar or Assorted Cereal w/ Cheese Stick Side Options: Apple Sauce Cup, Kiwi & Orange Juice	31 Breakfast: Pop Tart w/ Cheese Stick or Ultimate Breakfast Round Side Options: Sliced Peaches, Apple Slices & Orange Juice		Follow us on Facebook: @/TomorrowRiverSD	