

Made-from-scratch, wholesome meals

Produce fresh from local, organic farms where possible

Meets and exceeds USDA School Meal requirements

Meals crafted by true chefs & nutrition experts



October Breakfast Menu

■ 8th Grade

Choice of 1% Milk or Non Fat Milk Served Daily With All Breakfast

<i>There are no pork products on this menu</i>	1 Scrambled Eggs, Biscuit w/ Jelly Fresh Fruit, Fruit Juice	2 Blueberry Muffin, Cheese String Fresh Fruit, Fruit Juice	3 Beef Sausage Sandwich Fresh Fruit, Fruit Juice	4 French Toast Sticks, Fresh Fruit, Fruit Juice
7 Cinnamon Toast Crunch Cereal, Cheese String, Fresh Fruit, Fruit Juice	8 Egg and Cheese Muffin Fresh Fruit, Fruit Juice	9 Banana Muffin Cheese String Fresh Fruit, Fruit Juice	10 Chicken and Maple Waffles Fresh Fruit, Fruit Juice	11 Cinnamon Rolls w/ Icing Fresh Fruit, Fruit Juice
14 Egg and Cheese Muffin Fresh Fruit, Fruit Juice	15 Breakfast Beef Sandwich Fresh Fruit, Fruit Juice	16 Blueberry Muffin, Cheese String Fresh Fruit, Fruit Juice	17 Maple Pancake Chicken Sausage Sandwich Fresh Fruit, Fruit Juice	18 French Toast Sticks Fresh Fruit, Fruit Juice
21 Cinnamon Toast Crunch Cereal, Cheese String, Fresh Fruit, Fruit Juice	22 Egg and Cheese Muffin Fresh Fruit, Fruit Juice	23 Banana Muffin String Cheese Fresh Fruit, Fruit Juice	24 Chicken Biscuit Fresh Fruit, Fruit Juice	25 Cinnamon Rolls w/ Icing Fresh Fruit, Fruit Juice
28 Cinnamon Toast Crunch Cereal, Cheese String, Fresh Fruit, Fruit Juice	29 Breakfast Sausage Sandwich Fresh Fruit, Fruit Juice	30 Blueberry Muffin Cheese String, Fresh Fruit, Fruit Juice	31 Maple Pancake Chicken Sandwich Fresh Fruit, Fruit Juice	Fresh Fruit or Fruit Juice Served Daily With All Breakfast

