

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

FRESH  
FOOD  
FACTOR

## October Breakfast Menu

### ■ High School

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

***There are no pork products on this menu***

**1**  
Scrambled Eggs,  
Biscuit w/ Jelly  
or  
Cereal Choice,  
Cheese String  
Fresh Fruit, Fruit

**2**  
Blueberry Muffin,  
Cheese String  
or  
Cereal Choice,  
Cheese String  
Fresh Fruit, Fruit  
Juice

**3**  
Beef Sausage  
Sandwich  
or  
Cereal Choice,  
Cheese String  
Fresh Fruit, Fruit  
Juice

**4**  
French Toast Sticks,  
or  
Cereal Choice,  
Cheese String  
Fresh Fruit, Fruit  
Juice

**7**  
Yogurt w/ Granola  
or  
Cereal Choice,  
Cheese String  
Fresh Fruit, Fruit  
Juice

**8**  
Scrambled Eggs,  
Turkey Sausage Link,  
Toast & Butter  
or  
Cereal Choice,  
Cheese String  
Fresh Fruit, Fruit Juice

**9**  
Banana Muffin  
or  
Cereal Choice,  
Cheese String  
Fresh Fruit, Fruit  
Juice

**10**  
Chicken and Maple  
Waffles  
or  
Cereal Choice,  
Cheese String  
Fresh Fruit, Fruit

**11**  
Cinnamon Rolls w/  
Icing  
or  
Cereal Choice,  
Cheese String  
Fresh Fruit, Fruit

**14**  
Egg and Cheese  
Muffin  
or  
Cereal Choice,  
Cheese String,  
Fresh Fruit, Fruit

**15**  
Grits w/ Butter,  
Turkey Sausage Link  
or  
Cereal Choice,  
Cheese String  
Fresh Fruit, Fruit  
Juice

**16**  
Blueberry Muffin,  
or  
Cereal Choice,  
Cheese String  
Fresh Fruit, Fruit  
Juice

**17**  
Maple Pancake  
Chicken Sausage  
Sandwich  
or  
Cereal Choice  
Fresh Fruit, Fruit Juice

**18**  
French Toast Sticks  
or  
Cereal Choice, Cheese  
String  
Fresh Fruit, Fruit Juice

**21**  
Yogurt w/ Granola,  
or  
Cereal Choice, string  
Cheese  
Fresh Fruit, Fruit  
Juice

**22**  
Chicken and Maple  
Waffles, or  
Cereal Choice,  
String Cheese  
Fresh Fruit, Fruit  
Juice

**23**  
Banana Muffin  
or  
Cereal Choice,  
String Cheese  
Fresh Fruit, Fruit  
Juice

**24**  
Grits w/ Butter,  
Turkey Sausage Patty  
or  
Cereal Choice  
Fresh Fruit, Fruit  
Juice

**25**  
Cinnamon Rolls w/  
Icing, or  
Cereal Choice,  
String Cheese  
Fresh Fruit, Fruit  
Juice

**28**  
Chicken Maple  
Waffle  
or  
Cereal Choice  
Cheese String, Fresh  
Fruit, Fruit Juice

**29**  
Breakfast Sausage  
Sandwich  
or  
Cereal Choice  
Cheese String, Fresh  
Fruit, Fruit Juice

**30**  
Blueberry Muffin  
or  
Cereal Choice  
Cheese String, Fresh  
Fruit, Fruit Juice

**31**  
Maple Pancake  
Chicken Sandwich  
or  
Cereal Choice  
Cheese String, Fresh  
Fruit, Fruit Juice

Fresh Fruit or  
Fruit Juice  
Served Daily  
With All  
Breakfast