

October Breakfast K-12 Menu



DAILY BREAKFAST CHOICES
Hot or cold breakfast choices are available daily, i.e.:

Breakfast Sandwich, Pancakes, Cereal & Toast, or Cereal Bar & Toast.

Must choose at least 1: Fruit or Juice.

May choose 1: Milk

Skim, Low Fat White, or Fat Free Chocolate.

DAILY LUNCH CHOICES:

Choose 1: Entrée.

Must choose at least 1: Fruit or Vegetable (may choose up to 2 servings each of fruits & veggies with their lunch meal)

May Choose: 1 Milk; Skim, Low Fat White, or Fat Free Chocolate.

Available for lunch daily: Meat or Meatless Entrée,

Entrée Salads, Cold Sandwiches, Hot & Cold Vegetable choices, Variety of Fruits (fresh or cupped) & Juices

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>PLEASE NOTE: The nationwide labor, driver and product shortages are having a significant impact on our school cafeterias. We may need to change our menus without notice to accommodate the shortages while still offering students a variety of healthy menu options. This menu may not reflect what is actually offered in your cafeteria if substitutes are necessary. We apologize for any inconvenience.</p>		
<p>4 Apple Cinnamon Texas Toast <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast</p>	<p>5 Ham, Egg & Cheese on Croissant or English Muffin <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast</p>	<p>6 Maple Mini Pancakes <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast</p>	<p>7 Country Gravy Breakfast Pizza <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast</p>	<p>1 Cheese Omelet w/ Toast or Cheese Omelet Wrap <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast</p>
<p>11 Egg & Cheese Croissant <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast</p>	<p>12 Chicken Waffle Sandwich <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast</p>	<p>13 Confetti Mini Pancakes <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast</p>	<p>14 Egg, Cheese, Potato & Sausage Breakfast Wrap <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast</p>	<p>8 NO SCHOOL FOR STUDENTS</p>
<p>18 Pancake Pup Minis <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast</p>	<p>19 Egg, Bacon & Biscuit <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast</p>	<p>20 Chocolatey Chip Mini Pancakes <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast</p>	<p>21 Sweet Cinnamon Waffle <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast</p>	<p>15 Sausage Biscuit Sandwich or Grits with Sausage <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast</p>
<p>25 Apple Cinnamon Texas Toast <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast</p>	<p>26 Egg, Ham & Cheese on Croissant or English Muffin <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast</p>	<p>27 Maple Mini Pancakes <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast</p>	<p>28 Country Gravy Breakfast Pizza <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast</p>	<p>22 Cheese Omelet w/ Toast or Cheese Omelet Wrap <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast</p>
				<p>29 Chicken Biscuit Sandwich <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast</p>

