




October/November 2017 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
10/2/17 Waffles w/ Syrup Breakfast Sausage Pizza or Assorted Cereals w/Belly Bears Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	10/3/17 Scrambled Egg & Cheese Wrap Breakfast Sausage Pizza or Assorted Cereals w/Belly Bears Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	10/4/17 Bagel w/ Cream Cheese or Breakfast Sausage Pizza or Assorted Cereals w/Belly Bears Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	10/5/17 Chocolate & Powdered Donuts or Breakfast Sausage Pizza or Assorted Cereals w/Belly Bears Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	10/6/17 Sausage Egg & Cheese on an English Muffin or Breakfast Sausage Pizza or Assorted Cereals w/Belly Bears Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
10/9/17 No school <i>On Columbus Day, lead straight for a great time!</i> 	10/10/17 Pancakes w/ Syrup or Breakfast Sausage Pizza or Assorted Cereals w/Belly Bears Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	10/11/17 Sausage & Cheese Bagel or Breakfast Sausage Pizza or Assorted Cereals w/Belly Bears Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	10/12/17 Cherry Frudel or Breakfast Sausage Pizza or Assorted Cereals w/Belly Bears Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	10/13/17 Funnel Cake or Breakfast Sausage Pizza or Assorted Cereals w/Belly Bears Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
10/16/17 Ham & Cheese Croissant Breakfast Sausage Pizza or Assorted Cereals w/Belly Bears Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	10/17/17 Double Chocolate Chip Muffin or Breakfast Sausage Pizza or Assorted Cereals w/Belly Bears Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	10/18/17 Scramble Eggs/Potato & Sausage Bowl or Breakfast Sausage Pizza or Assorted Cereals w/Belly Bears Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	10/19/17 Bagel/Cream Cheese or Breakfast Sausage Pizza or Assorted Cereals w/Belly Bears Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	10/20/17 French Toast Sticks w/Syrup Breakfast Sausage Pizza or Assorted Cereals w/Belly Bears Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
10/23/17 Waffles w/ Syrup Breakfast Sausage Pizza or Assorted Cereals w/Belly Bears Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	10/24/17 Scrambled Egg & Cheese Wrap Breakfast Sausage Pizza or Assorted Cereals w/Belly Bears Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	10/25/17 Pancake Sausage Wrap Breakfast Sausage Pizza or Assorted Cereals w/Belly Bears Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	10/26/17 Sausage & Cheese Muffin Breakfast Sausage Pizza or Assorted Cereals w/Belly Bears Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	10/27/17 Banana Mini Loaf Breakfast Sausage Pizza or Assorted Cereals w/Belly Bears Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
10/30/17 Ham & Cheese Croissant Breakfast Sausage Pizza or Assorted Cereals w/Belly Bears Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	10/31/17 Blueberry Bread or Breakfast Sausage Pizza or Assorted Cereals w/Belly Bears Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	11/1/17 French Toast Sticks or Breakfast Sausage Pizza or Assorted Cereals w/Belly Bears Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	11/2/17 Mini Cinnamon Rolls or Breakfast Sausage Pizza or Assorted Cereals w/Belly Bears Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	11/3/17 No School Act 80 Day
11/4/17 Waffles w/ Syrup Breakfast Sausage Pizza or Assorted Cereals w/Belly Bears Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	11/5/17 Scrambled Egg & Cheese Wrap Breakfast Sausage Pizza or Assorted Cereals w/Belly Bears Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	11/6/17 Pancake Sausage Wrap Breakfast Sausage Pizza or Assorted Cereals w/Belly Bears Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	11/7/17 Sausage & Cheese Muffin Breakfast Sausage Pizza or Assorted Cereals w/Belly Bears Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	11/8/17 Banana Mini Loaf Breakfast Sausage Pizza or Assorted Cereals w/Belly Bears Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk

What is a Meal?

You must choose at least 3 of the 4 components available for the schoolbreakfast price.

Choice of: Grain or grain/protein
Choice of fruit or vegetable (must take at least a 1/2 cup) and

Choice of Milk
Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry

You must take at least 1/2 cup of fruit or vegetable

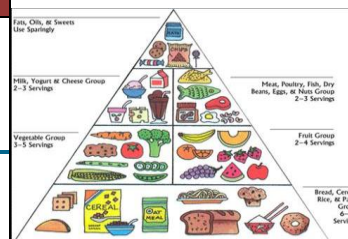
Fruit May Include:

Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange), fresh fruit selection including apples, bananas and oranges

Whole Grain Cereal Selection May Include:

- Trix
- Cocoa Puffs
- Fruity Cheerios
- Rice Crunch
- Kix
- Cheerios
- Fruit Loops

FOOD PYRAMID



Student Paid Breakfast \$1.25

Student Reduced Breakfast \$0.30

Adult Breakfast \$2.25