

# OCTOBER



## K-6 Breakfast Menu



Monday		Tuesday		Wednesday		Thursday		Friday		
3	<b>WHOLE WHEAT PANCAKES</b> Syrup Cup Variety of Cereal Oatmeal, Variety Wheat Toast Jelly, Assorted Cups Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk	4	<b>EGGS &amp; HASHBROWN</b> Ketchup, Individual Cup Whole Grain Cinnamon Roll Variety of Cereal Oatmeal, Variety Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk	5	<b>BISCUITS &amp; GRAVY</b> Variety of Cereal Oatmeal, Variety Wheat Raisin Toast Jelly, Assorted Cups Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk	6	<b>BREAKFAST BURRITO</b> Salsa Variety of Cereal Oatmeal, Variety Homemade Chocolate Chip Muffin Homemade Muffin, Plain Homemade Blueberry Muffin Homemade Pumpkin Chocolate Chip Muffin Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk	7	<b>WHOLE GRAIN WAFFLE STICKS</b> Syrup Cup Variety of Cereal Oatmeal, Variety Whole Wheat English Muffin Jelly, Assorted Cups Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk	
10	<b>WHOLE GRAIN DUTCH WAFFLE</b> Syrup Cup Variety of Cereal Oatmeal, Variety Wheat Toast Jelly, Assorted Cups Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk	11	<b>EGGS &amp; SAUSAGE PATTY</b> Whole Grain Cinnamon Roll Variety of Cereal Oatmeal, Variety Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk	12	<b>YOGURT PARFAIT</b> Variety of Cereal Oatmeal, Variety Wheat Raisin Toast Jelly, Assorted Cups Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk	<h1>FALL BREAK</h1>		14		
17	<h1>FALL BREAK</h1>		18		19	<b>WHOLE GRAIN WAFFLES</b> Syrup Cup Variety of Cereal Oatmeal, Variety Wheat Raisin Toast Jelly, Assorted Cups Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk	20	<b>BREAKFAST BOWL</b> Ketchup, Individual Cup Salsa Variety of Cereal Oatmeal, Variety Homemade Chocolate Chip Muffin Homemade Muffin, Plain Homemade Blueberry Muffin Homemade Pumpkin Chocolate Chip Muffin Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk	21	<b>SAUSAGE &amp; PANCAKE BITES</b> Syrup Cup Variety of Cereal Oatmeal, Variety Whole Wheat English Muffin Jelly, Assorted Cups Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk
24	<b>WHOLE WHEAT PANCAKES</b> Syrup Cup Variety of Cereal Oatmeal, Variety Wheat Toast Jelly, Assorted Cups Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk	25	<b>EGGS &amp; HASHBROWN</b> Ketchup, Individual Cup Whole Grain Cinnamon Roll Variety of Cereal Oatmeal, Variety Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk	26	<b>BISCUITS &amp; GRAVY</b> Variety of Cereal Oatmeal, Variety Wheat Raisin Toast Jelly, Assorted Cups Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk	27	<b>BREAKFAST BURRITO</b> Salsa Variety of Cereal Oatmeal, Variety Homemade Chocolate Chip Muffin Homemade Muffin, Plain Homemade Blueberry Muffin Homemade Pumpkin Chocolate Chip Muffin Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk	28	<b>WHOLE GRAIN WAFFLE STICKS</b> Syrup Cup Variety of Cereal Oatmeal, Variety Whole Wheat English Muffin Jelly, Assorted Cups Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk	
31	<b>WHOLE GRAIN DUTCH WAFFLE</b> Syrup Cup Variety of Cereal Oatmeal, Variety Wheat Toast Jelly, Assorted Cups Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk	<p><b>Menus are subject to change in accordance with product availability. Please contact your kitchen manager for up-to-date menu and nutrition information.</b></p> <p>This institution is an equal opportunity provider.</p>								



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