

# OCTOBER 2017 High School BREAKFAST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Waffles/syrup patties or cereal fruit and or juice, and milk	3 Cereal or pop tart, fruit and or juice, mill	4 cheese omelet, or cereal, toast, fruit and or juice, milk	5 French toast sticks ham or cereal, fruit and or juice, Milk	6 Cereal or breakfast pizza, Fruit and or juice, milk	7
8	9 pancakes/ syrup links, or cereal, Apple sauce and or juice,	10 Cereal or donut, fruit and or juice, milk	11 scrambled eggs, or cereal, toast, fruit and or juice milk	12 Cereal or yogurt parfait, fruit and or juice, milk	13 Breakfast sandwich or cereal, fruit and or juice, milk	14
15	16 Cinn. French toast bacon or cereal, fruit and or juice, milk	17 Cereal choice or chocolate chip muffin, fruit and or juice, milk	18 Cheese omelet or cereal, toast, fruit and or juice, milk	19 waffle sticks or cereal, links fruit and or juice, milk	20 <b>No School</b> Teacher work day	21
22	23 French toast, ham or cereal, fruit and or juice, milk	24 cereal, sausage links, fruit and or juice, milk	25 Scrambled eggs, or cereal, toast, fruit and or juice, milk	26 pancakes, patties, or cereal, fruit and or juice, milk	27 Breakfast sandwich or cereal, fruit and or juice, milk	28
29	30 French toast sticks, meat, or cereal. Fruit and or juice, milk	31 cereal or long john, fruit and or juice, milk		1% white and skim chocolate milk offered daily		Cereal offered As choice daily