

# October 2017

# Breakfast Menu

**“USDA is an equal opportunity and provider and employer.”**

**\*\*Menu is subject to change\*\***

**\$1.50 a day per meal**

**\$1.50 x 21 meals = \$31.50 for the month**

**.35 cents for extra milk**

**\*\*All bread items served will be offered on whole wheat bread**

**\*\*Only Fat free and Low fat milk will be offered**

**\*\*Cereal is always available as an alternate meal**

**\*\*Students are offered unlimited fruits and vegetables only**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Cereal, Egg, cheese/sausage Strata, Fruit, Juice, Milk	3 Cereal or Fruit Smoothie, Juice, Milk	4 Cereal or bagels, Fruit, Juice, Milk	5 Cereal, Fruit, Juice, Milk	6 Fruit Smoothie, Muffins, Juice, Milk	7
8	9 NO SCHOOL	10 Cereal, Muffins, Fruit, Juice, Milk	11 Cereal, Bacon/Egg, Cheese Sandwich, Home Fries, Fruit, Juice	12 Cereal, Fruit Smoothies, Milk	13 Cereal, Pancakes, Sausage, Fruit, Juice, Milk	14
15	16 Cereal Fruit Salad, Toast Milk	17 Cereal Scrambled, Cheese Burritos, Fruit, Milk	18 Cereal Blueberry Muffins Fruit, Milk	19 Cereal Bagels, Fruit, Milk	20 Cereal French Toast, Sausage, Fruit, Milk	21
22	23 Cereal Egg, Cheese, Bacon Sandwich, Fruit, Milk	24 Cereal Oatmeal, Fruit, Milk	25 Cereal Smoothies, Bagels, Milk	26 Cereal, Granola Bar, Fruit, Milk	27 Cereal, French Toast, Sausage, Fruit, Milk	28
29	30	31				

