


October 2019

Grab n Go Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Mini Bagel or Breakfast Bar and String Cheese Peach Cup Fruit Juice Milk	2 Breakfast Egg and Cheese Sandwich or Muffin and Yogurt Sliced Apples Fruit Juice Milk	3 Apple Cinnamon Toast or Breakfast Bar and String Cheese Mandarin Orange Cup Fruit Juice Milk	4 Oatmeal Choc Chip Bar or Poptart and Granola Bar Raisels Fruit Juice Milk
7 French Toast Sticks or Breakfast Bar and Yogurt Blue Raspberry Applesauce Fruit Juice Milk	8 Mini Cinnamon Waffles or Breakfast Bar and String Cheese Peach Cup Fruit Juice Milk	9 Sausage Pizza Sliders or Craisins Muffin and Yogurt Fruit Juice Milk	10 Mini Chocolate Chip French Toast or Breakfast Bar and String Cheese Sliced Apples Fruit Juice Milk	11 Mini Bagel or Poptart and Granola Bar Peach Cup Fruit Juice Milk
14 Crumb Cake or Breakfast Bar and Yogurt Strawberry Applesauce Fruit Juice Milk	15 Breakfast Burrito or Breakfast Bar and String Cheese Strawberry Cup Fruit Juice Milk	16 Berries and Cream Bar or Muffin and Yogurt Craisins Fruit Juice Milk	 Fall Break	
21 <i>Fall Break</i>	22 Mini Bagel or Breakfast Bar and String Cheese Peach Cup Fruit Juice Milk	23 Breakfast Egg and Cheese Sandwich or Muffin and Yogurt Sliced Apples Fruit Juice Milk	24 Apple Cinnamon Toast or Breakfast Bar and String Cheese Mandarin Orange Cup Fruit Juice Milk	25 Oatmeal Choc Chip Bar or Poptart and Granola Bar Raisels Fruit Juice Milk
28 French Toast Sticks or Breakfast Bar and Yogurt Blue Raspberry Applesauce Fruit Juice Milk	29 Mini Cinnamon Waffles or Breakfast Bar and String Cheese Peach Cup Fruit Juice Milk	30 Sausage Pizza Sliders or Craisins Muffin and Yogurt Fruit Juice Milk	31 Mini Chocolate Chip French Toast or Breakfast Bar and String Cheese Sliced Apples Fruit Juice Milk	

Fresh and Canned Fruit May Include:

Apple Slices, Apples,
Bananas, Grapes,
Oranges, Pears, Diced
Peaches, Fruit Cocktail,
Pineapple and Mandarin
Oranges, Applesauce,
Strawberry Applesauce,
Strawberry Cup, Diced
Peaches, Peach Cup

Breakfast Fresh and Canned Elem

Breakfast Beverage Options

Apple Juice
Berry Juice
Fruit Punch Juice
Orange Juice
(All Juices are 100% Juice)
White 1% Milk
White Skim Milk

Elementary Breakfast Beverage

Yogurt Assortment Nutrition

Breakfast Bar Assortment Nutrition