

Breakfast Meal Pattern –9-12th

Select a minimum of 3 components

1 fruit/ vegetable = 1 cup

--fruit/juice and/or vegetable

1 whole grain rich selection(s) = 2oz

--biscuit, roll, muffin, bread, cereal

1 milk = 1 Cup

--fluid milk

Menu is subject to change
without notice



**WHAT MAKES A
BREAKFAST?**

SELECT 3 ITEMS

A graphic showing four colored buttons: a blue circle for 'MILK', an orange square for 'GRAINS', a purple square for 'JUICE', and a red square for 'FRUIT'. A vertical grey bar is on the right side of the buttons.

one must be a

FRUIT or JUICE

**This institution is an
equal opportunity
provider.**

OCTOBER 2021
Breakfast Calendar

DECA HIGH

Mon	Tue	Wed	Thu	Fri
				1 Mini Donut Scrambled Eggs Applesauce Cup Raisins Milk
4 Cold Cereal Chewy Granola Applesauce Cup Raisins Milk	5 Chocolate ZeeZee Bar Hash Brown Banana 100%Fruit Juice Milk	6 Breakfast Bar Yogurt Apple Milk	7 Cereal Bar Cheese Sticks Apple Slices 100% Fruit Juice Milk	8 Mini Blueberry Waffles Turkey Sausage 100% Fruit Juice Apple/Milk Milk
11 Poptart 100% Fruit Juice Applesauce Cup Milk	12 Cold Cereal Graham Cracker Banana Raisins Milk	13 Breakfast Bar Scrambled Eggs 100% Fruit Juice Apple Milk	NO SCHOOL	NO SCHOOL
NO SCHOOL	NO SCHOOL	20 Cold Cereal Cinnamon Coffeecake 100% Fruit Juice Applesauce Cup Milk	21 Strawberry ZeeZee Bar Cheese Sticks Banana Cranberries Milk	22 Mini Muffin 100% Fruit Juice Fruit Cup Milk
25 Cold Cereal Cinnamon Goldfish Raisins Applesauce Cup Milk	26 Crunch Mania Turkey Bacon 100% Fruit Juice Banana Milk	27 Poptart Apple Slices 100% Fruit Juice Milk	28 Chewy Granola Yogurt Apple Cranberries Milk	29 Cinnamon Bun Turkey Sausage 100% Fruit Juice Cutie Milk