

OCTOBER | 2022



Jr Sr High Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p> <p>Breakfast Bread Or Pop Tarts Assorted Fruit 100% Fruit Juice Ice Cold Milk</p>	<p>4</p> <p>Rise n Shine Bowl Or Cold Cereal Assorted Fruit 100% Fruit Juice Ice Cold Milk</p>	<p>5</p> <p>Waffles w/ Syrup Or Pop Tarts Assorted Fruit 100% Fruit Juice Ice Cold Mil</p>	<p>6</p> <p>Mini Donuts Or Cold Cereal Assorted Fruit 100% Fruit Juice Ice Cold Milk</p>	<p>7</p> <p>Cinn Pretzel Stix & Yogurt Or Pop Tarts Assorted Fruit 100% Fruit Juice Ice Cold Milk</p>
<p>10</p> <p>Benefit Bar Or Pop Tarts Assorted Fruit 100% Fruit Juice Ice Cold Milk</p>	<p>11</p> <p>Staff Professional Development Day No School</p>	<p>12</p> <p>Pancakes w/ Syrup Or Pop Tarts Assorted Fruit 100% Fruit Juice Ice Cold Milk</p>	<p>13</p> <p>Breakfast Pizza Bagel Or Cold Cereal Assorted Fruit 100% Fruit Juice Ice Cold Milk</p>	<p>14</p> <p>Cold Cereal Or Pop Tarts Assorted Fruit 100% Fruit Juice Ice Cold Milk</p>
<p>17</p> <p>Fall Break No School</p>	<p>18</p> <p>Fall Break No School</p>	<p>19</p> <p>Fall Break No School</p>	<p>20</p> <p>Fall Break No School</p>	<p>21</p> <p>Fall Break No School</p>
<p>24</p> <p>Pop Tarts Or Cold Cereal Assorted Fruit 100% Fruit Juice Ice Cold Milk</p>	<p>25</p> <p>Bagel w/ Nutella Or Pop Tarts Assorted Fruit 100% Fruit Juice Ice Cold Milk</p>	<p>26</p> <p>French Toast w/ Syrup Or Cold Cereal Assorted Fruit 100% Fruit Juice Ice Cold Milk</p>	<p>27</p> <p>Egg, Sausage, Cheese on English Muffin Or Pop Tarts Assorted Fruit 100% Fruit Juice Ice Cold Milk</p>	<p>28</p> <p>Mini Breakfast Bites Or Cold Cereal Assorted Fruit 100% Fruit Juice Ice Cold Milk</p>
<p>31</p> <p>Breakfast Bread Or Pop Tarts Assorted Fruit 100% Fruit Juice Ice Cold Milk</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>

News

This institution is an equal opportunity provider.

Due to Delays, Cancellations and Delivery Issues the menu is subject to change. Sorry for any inconvenience this may cause. Thank You

Breakfast Served
Northfield High 7:50-8:10
Southwood High 7:50-8:10

Breakfast Prices
Free to all Students

If you receive a free or reduced lunch. You can also receive a free or reduced breakfast. Just contact your school office or school food service department if you have any questions.

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MSDFoodService**