

## Junior High Breakfast Menu October 2022

Breakfast Prices: paid \$1.75, reduced \$0.30 or free (F/R meal applications needed for discounted prices) Choose 1 or 2 grains, 1 protein, fruit and milk

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>3. <u>Grains</u> muffin, cereal, granola bar <u>Protein</u> string cheese, yogurt <u>Fruit/Vegetables</u> assorted fruits milk</p>	<p>4. <u>Grains</u> pancake on a stick, cereal <u>Protein</u> Gogurt <u>Fruit/Vegetables</u> strawberry cup or applesauce cup milk</p>	<p>5. <u>Grains</u> breakfast bar, cereal <u>Protein</u> Scrambled eggs, cheese pkt. <u>Fruit/Vegetables</u> canned pears or sliced apples milk</p>	<p>6. <u>Grains</u> cream cheese filled bagel, cereal <u>Protein</u> string cheese, yogurt <u>Fruit/Vegetables</u> canned peaches or fresh berries milk</p>	<p>7. <u>Grains</u> French toast, cereal <u>Protein</u> sausage patty, yogurt <u>Fruit/Vegetables</u> assorted fruits milk</p>
<p>10. <u>Grains</u> Cinnamon roll, cereal <u>Protein</u> string cheese, beef stick <u>Fruit/Vegetables</u> canned peaches milk</p>	<p>11. <u>Grains</u> bagel, cereal <u>Protein</u> string cheese, beef stick, cream cheese cup <u>Fruit/Vegetables</u> orange wedges or apple milk</p>	<p>12. <u>Grains</u> Scone, cereal <u>Protein</u> beef stick, strawberry/banana smoothie <u>Fruit/Vegetables</u> assorted fruits milk</p>	<p>13. <u>Grains</u> pancakes, cereal <u>Protein</u> sausage, string cheese <u>Fruit/Vegetables</u> strawberry cup or vegetable/fruit juice milk</p>	<p>14. <u>Grains</u> breakfast bar, cereal <u>Protein</u> cook's choice <u>Fruit/Vegetables</u> assorted fruits milk</p>
<p>17. <u>Grains</u> bagel, cereal <u>Protein</u> yogurt, peanut butter, cream cheese cup <u>Fruit/Vegetables</u> assorted fruits milk</p>	<p>18. <u>Grains</u> Pancake on a stick, cereal <u>Protein</u> String cheese <u>Fruit/Vegetables</u> applesauce cups or canned peaches milk</p>	<p>19. <u>Grains</u> cereal bar, cereal, cook's choice <u>Protein</u> Gogurt, cheese pkt. <u>Fruit/Vegetables</u> assorted fruits milk</p>	<p>20. PIR Day No School</p>	<p>21. PIR Day No School</p>
<p>24. <u>Grains</u> Nutri- grain bar, cereal <u>Protein</u> string cheese, Yogurt <u>Fruit/Vegetables</u> assorted fruits milk</p>	<p>25. <u>Grains</u> Scone, cereal <u>Protein</u> Cheese pkt., beef stick <u>Fruit/Vegetables</u> 100% orange juice or canned pears milk</p>	<p>26. <u>Grains</u> Breakfast bar, cereal <u>Protein</u> string cheese, yogurt <u>Fruit/Vegetables</u> apple slices or banana milk</p>	<p>27. <u>Grains</u> muffin, cereal <u>Protein</u> beef stick, cheese pkt. <u>Fruit/Vegetables</u> fruit cup or apple chips milk</p>	<p>28. <u>Grains</u> Waffle, cereal <u>Protein</u> sausage, Gogurt, peanut butter <u>Fruit/Vegetables</u> assorted fruits milk</p>
<p>31. <u>Grains</u> muffin, cereal <u>Protein</u> string cheese, beef stick <u>Fruit/Vegetables</u> assorted fruits milk</p>				