

# OCTOBER 2023

McL High, Steens, FES, RHS, RUES, RES, Pisgah

Monday	Tuesday	Wednesday	Thursday	Friday
Pumpkin Breakfast Bread Lucky Charms Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Strawberry Toaster Pastries Hot Grits Sausage Patty Southern Biscuit Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Low Fat Milk	French Toast Sticks Strawberry Toaster Pastry Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Assorted Breakfast Bread Hot Grits Cinnamon Crunch Filled Pastry Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Holiday
Holiday	Holiday	Dunkin Stix Cinnamon Rolls Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Strawberry Toaster Pastry Hot Grits French Toast Sticks Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Apple Frudel Sausage & Pancake on a Stick Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Low Fat Milk
Pumpkin Breakfast Bread Lucky Charms Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Strawberry Toaster Pastries Hot Grits Sausage Patty Southern Biscuit Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Low Fat Milk	French Toast Sticks Strawberry Toaster Pastry Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Assorted Breakfast Bread Hot Grits Cinnamon Crunch Filled Pastry Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Mini Cinnis Sausage & Pancake on a Stick Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Low Fat Milk
Chocolate Covered Donuts Breakfast Sausage Pizza Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Hot Grits Waffle Maple Belgian Bacon Strips Southern Biscuit Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Dunkin Stix Cinnamon Rolls Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Strawberry Toaster Pastry Hot Grits French Toast Sticks Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Apple Frudel Sausage & Pancake on a Stick Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Low Fat Milk
Pumpkin Breakfast Bread Lucky Charms Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Apple Frudel Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk			

Served Daily: Assorted Milks – Low Fat, Chocolate, Strawberry, Vanilla Fat Free

Condiments: Mayo, Mustard, Ketchup, Honey Mustard Sauce, Marinara, Syrup  
 Salad Dressings, Saltine Crackers, Croutons

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