



# Middle School Breakfast

# OCT

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**2**

Cinnamon Toast Breakfast Bar  
French Toast Bites  
~~~~~  
Applesauce  
Juice and Milk

**3**

Biscuit & gravy  
Mixed Berrie  
Scone  
~~~~~  
Orange Smiles  
Milk

**4**

Breakfast Pizza  
Toasted Waffles  
~~~~~  
Banana  
Juice and Milk

**5**

Ham & Cheese English Muffin  
Biscuit & Gravy  
~~~~~  
Diced Peaches  
Milk

**6**

Sausage Biscuit  
Plain English Muffin  
~~~~~  
Fresh Apple  
Juice and Milk

Variety of cereal offered daily

**9**

Pancake Sausage Bites  
French Toast Sticks  
~~~~~  
Applesauce  
Juice and Milk

**10**

Biscuit & Gravy  
Cinnamon Chip Scone  
~~~~~  
Orange Slices  
Milk

**11**

Breakfast Pizza  
Waffles  
~~~~~  
Banana  
Juice and Milk

**12**

Sausage Biscuit  
Ham & Cheese  
English Muffin  
~~~~~  
Diced Peaches  
Milk

**13**

Chicken & Waffle Stacker  
Biscuit w/ Gravy  
~~~~~  
Fresh Apple  
Juice and Milk

Variety of fat free and low fat milk offered daily

**16**

Cinnamon Toast Breakfast Bar  
Pancakes  
~~~~~  
Applesauce  
Juice and Milk

**17**

Biscuit & Gravy  
Cinnamon Rolls  
~~~~~  
Orange Slice  
Milk

**18**

Fall Break

**19**

Fall Break

**20**

Fall Break

**23**

French Toast Bites  
Double Berry Parfait  
~~~~~  
Applesauce  
Juice and Milk

**24**

Biscuit w/ Gravy  
Mixed Berrie Scone  
~~~~~  
Orange Slice  
Milk

**25**

Breakfast Pizza  
Waffles  
~~~~~  
Banana  
Juice and Milk

**26**

Ham & Cheese Sandwich  
Biscuit w/ Gravy  
~~~~~  
Diced Peaches  
Milk

**27**

Sausage Biscuit Sandwich  
English Muffin Plain  
~~~~~  
Fresh Apple  
Juice and Milk

Menu subject to change based on product availability

**30**

French Toast Stick  
Sausage Biscuit  
~~~~~  
Applesauce  
Juice and Milk

**31**

Biscuit w/ Gravy  
Mixed Berrie Scone  
~~~~~  
Orange Smile  
Milk