



*K - 12 School
Breakfast Menu*

Fall 2023

Breakfast includes:
Choice of 1 Entree,
1-2 Fruits, and 1 Milk

Menu subject to change
due to item availability

Vegetarian options are
available upon request

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	Sept 25	Sept 26	Sept 27	Sept 28	Sept 29
Entree Fruit (Choose 1-2) Milk (Choose 1)	Holiday	<ul style="list-style-type: none"> Turkey Sausage Biscuit Orange Diced Pears Assorted Milk 	<ul style="list-style-type: none"> Country Steak Biscuit Apple 100% Fruit Juice Assorted Milk 	<ul style="list-style-type: none"> Poptart w/ Cheese Stick Banana Mixed Fruit Assorted Milk 	<ul style="list-style-type: none"> Banana Bread Applesauce Cup 100% Fruit Juice Assorted Milk
<i>Week 2</i>	Oct 2	Oct 3	Oct 4	Oct 5	Oct 6
Entree Fruit (Choose 1-2) Milk (Choose 1)	<ul style="list-style-type: none"> Cereal w/ Cheese Stick Banana Mixed Fruit Assorted Milk 	<ul style="list-style-type: none"> Turkey Sausage Pancake Wrap Strawberry Cup Orange Assorted Milk 	<ul style="list-style-type: none"> Crispy Chicken Biscuit Pear 100% Fruit Juice Assorted Milk 	<ul style="list-style-type: none"> Donut Diced Pears Apple Slices Assorted Milk 	<ul style="list-style-type: none"> Yogurt Parfait w/Granola Peach Cup 100% Fruit Juice Assorted Milk
<i>Week 3</i>	Oct 9	Oct 10	Oct 11	Oct 12	Oct 13
Entree Fruit (Choose 1-2) Milk (Choose 1)	<ul style="list-style-type: none"> French Toast Sticks Banana Diced Pears Assorted Milk 	<ul style="list-style-type: none"> Muffin w/ Cheese Stick Apple Mixed Fruit Assorted Milk 	<ul style="list-style-type: none"> Egg & Cheese on English Muffin Orange 100% Fruit Juice Assorted Milk 	<ul style="list-style-type: none"> Waffle w/Turkey Bacon Pear Peach Cup Assorted Milk 	<ul style="list-style-type: none"> Cereal w/ Yogurt Applesauce Cup 100% Fruit Juice Assorted Milk

Additional Daily Entree Options

- Assorted Cereal, Poptart or Muffin, with choice of:
- Yogurt, Cheese Stick or Hard Boiled Egg

(Managers may offer an assortment of 2-3 additional items daily. Varies by school, see your cafe manager for details)

Nutrition Bites

- Celebrate The Crunch Heard 'Round the Commonwealth with us by enjoying a locally grown Virginia apple on October 5th
- Learn more about Farm to School: farmtoschool.org/about/what-is-farm-to-school



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	Oct 16	Oct 17	Oct 18	Oct 19	Oct 20
Entree Fruit (Choose 1-2) Milk (Choose 1)	<ul style="list-style-type: none"> Turkey Sausage Biscuit Orange Diced Pears Assorted Milk 	<ul style="list-style-type: none"> Cereal Bowl w/ Yogurt Peach Cup Apple Slices Assorted Milk 	<ul style="list-style-type: none"> Country Steak Biscuit Apple 100% Fruit Juice Assorted Milk 	<ul style="list-style-type: none"> Poptart w/ Cheese Stick Pear Mixed Fruit Assorted Milk 	<ul style="list-style-type: none"> Banana Bread Applesauce Cup 100% Fruit Juice Assorted Milk
<i>Week 2</i>	Oct 23	Oct 24	Oct 25	Oct 26	Oct 27
Entree Fruit (Choose 1-2) Milk (Choose 1)	<ul style="list-style-type: none"> Cereal w/ Cheese Stick Banana Mixed Fruit Assorted Milk 	<ul style="list-style-type: none"> Turkey Sausage Pancake Wrap Strawberry Cup Orange Assorted Milk 	<ul style="list-style-type: none"> Crispy Chicken Biscuit Pear 100% Fruit Juice Assorted Milk 	<ul style="list-style-type: none"> Donut Diced Pears Apple Slices Assorted Milk 	<ul style="list-style-type: none"> Yogurt Parfait w/Granola Peach Cup 100% Fruit Juice Assorted Milk
<i>Week 3</i>	Oct 30	Oct 31	Nov 1	Nov 2	Nov 3
Entree Fruit (Choose 1-2) Milk (Choose 1)	<ul style="list-style-type: none"> French Toast Sticks Banana Diced Pears Assorted Milk 	<ul style="list-style-type: none"> Muffin w/ Cheese Stick Apple Mixed Fruit Assorted Milk 	<ul style="list-style-type: none"> Egg & Cheese on English Muffin Orange 100% Fruit Juice Assorted Milk 	<ul style="list-style-type: none"> Waffle w/Turkey Bacon Pear Peach Cup Assorted Milk 	<ul style="list-style-type: none"> Cereal w/ Yogurt Applesauce Cup 100% Fruit Juice Assorted Milk

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Nutrition Bites

- Did you know: Health experts recommend children ages 4-8 eat at least 2 servings of fruit every day, and ages 9-18 eat at least 3-4 servings of fruit every day.
- Learn more about types of fruits and serving sizes at: [kidseatincolor.com/fruits-for-kids/](https://www.kidseatincolor.com/fruits-for-kids/)