





## Breakfast in the Classroom Menu October 2023

**Altus High School**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2 Oct 2023</b> <b>WG Powdered Sugar Donut</b> Cheese Stick Milk/Juice/Fruit	<b>3</b> <b>Yogurt &amp; Granola</b> Milk/Juice/Fruit	<b>4</b> <b>Apple Frudel</b> Scooby Snacks Baby Carrots Milk/Juice/Fruit	<b>5</b> <b>Warm Banana Muffin</b> Trix Breakfast Bar Veggie Pack Milk/Juice/Fruit	<b>6</b> <b>Frosted Flakes Cereal</b> Chocolate Chewy Bar Milk/Juice/Fruit
<b>9</b> <b>Maple Waffles</b> Baby Carrots Milk/Juice/Fruit	<b>10</b> <b>Cheese Omelet</b> Cheez-Its Milk/Juice/Fruit	<b>11</b> <b>Strawberry Pop Tarts</b> Veggie Pack Milk/Juice/Fruit	<b>12</b> <b>Cinnamon Toast Crunch Cereal</b> Yogurt Blueberry Nutri-Grain Bar Milk/Juice/Fruit	<b>13</b> 
<b>16</b> 	<b>17</b> <b>Blueberry Bagel</b> Cream Cheese Hard Boiled Egg Milk/Juice/Fruit	<b>18</b> <b>WG Cinnamon Roll</b> Apple Nutri-Grain Bar Veggie Pack Milk/Juice/Fruit	<b>19</b> <b>Frosted Fudge Pop Tart</b> Cheese Stick Milk/Juice/Fruit	<b>20</b> <b>Cocoa Puffs Cereal</b> Yogurt Granola Milk/Juice/Fruit
<b>23</b> <b>Blueberry Muffin</b> Cheese Cubes Cherry Tomatoes Milk/Juice/Fruit	<b>24</b> <b>Trix Breakfast Bar</b> Veggie Pack Milk/Juice/Fruit	<b>25</b> <b>Yogurt</b> Granola Craisins Milk/Juice/Fruit	<b>26</b> <b>Sausage Breakfast Pizza</b> Strawberry Yogurt Chex Milk/Juice/Fruit	<b>27</b> <b>Assorted Cereal</b> Apple Nutri-Grain Bar
<b>Oct 30</b> <b>Turkey &amp; Pancake Wrap</b> Cinnamon Mini Gripz Veggie Pack Milk/Juice/Fruit	<b>31</b> <b>Strawberry Cheerios Breakfast Bar</b> Baby Carrots Milk/Juice/Fruit	<b>1 Nov 2023</b> <b>Apple Frudel</b> Cheese Omelet Milk/Juice/Fruit	<b>2</b> <b>Sausage Egg &amp; Cheese Breakfast Bar</b> Blueberry Nutri-Grain Bar Milk/Juice/Fruit	<b>3</b> <b>Lucky Charms Cereal</b> Yogurt Milk/Juice/Fruit

**BULLDOG FALL MENU - "Take care of your body. It's the only place you have to live." - Jim Rohn**

**All menus subject to change due to availability of supplies.  
Meals offered to on-site and virtual students.**

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