



# October Elementary Breakfast



Cold cereal and fresh apple slices offered daily.

Students must take a minimum of a half cup of fruit.

All meals are served with 1% white milk or non-fat chocolate milk.

Contains:

Beef (B)  
 Chicken (C)  
 Pork (P)  
 Turkey (T)

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mini Bagel with Strawberry Cream Cheese	3 Honey Wheat Breakfast Bun	4 Pan Dulce	5 Ham and Cheese Breakfast Croissant (P)	6 French Toast Sticks with Syrup
9 <b>NO SCHOOL</b> School Staff Professional Development Day	10 Mini Cinnamon Rolls	11 Waffles with Syrup	12 Egg, Cheese and Sausage (T) Breakfast Burrito	13 Banana Bread
16 Crumb Cake	17 Muffin and Yogurt	18 Sausage Biscuit (B) Sandwich	19 Mini Pancakes with Syrup	20 Cheese and Sausage (T) Breakfast Pizza
23 Mini Bagel with Strawberry Cream Cheese	24 Honey Wheat Breakfast Bun	25 Pan Dulce	26 Ham and Cheese Breakfast Croissant (P)	27 French Toast Sticks with Syrup
30 Pancake Sausage (B) on a Stick with Syrup	31 Mini Cinnamon Rolls	<p>A selection of fresh fruit served with breakfast every day. Orange juice offered every Wednesday.</p>		

Menu Subject to Change Based on Product Availability

One breakfast is NO COST for all enrolled students



**PLEASE NOTE:** FCUSD Food Services requests that eligible families complete a school meals application on-line. Please visit the Food Services Dept website via the FCUSD home page for the on-line application, federal income eligibility guidelines, application instructions and Frequently Asked Questions: [www.fcusd.org](http://www.fcusd.org) (On the FCUSD home page, click on Meals & Nutrition.)