

KENNEDY HS (PREP) PREP Grades 6-12 Breakfast (Subject to Change) - Oct, 2023



| Monday | Tuesday | Wednesday | Thursday | Friday |
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| Cinnamon French Toast ² FRESH APPLE CINNAMON TOPPING Prep Deluxe Cereal Bowl Yogurt 4 oz Food and Nutrition Crackers Fresh Apple Fruit Juice Breakfast Milk Options Milk Low Fat Milk NonFat Milk Lactose Free | Beef and Cheese Mini Bagel ³ Deluxe Cereal Bowl Yogurt 4 oz Food and Nutrition Crackers Orange Fruit Juice Breakfast Milk Options Milk Low Fat Milk NonFat Milk Lactose Free | Cinnamon Swirl IW ⁴ Deluxe Cereal Bowl Yogurt 4 oz Food and Nutrition Crackers Fresh Apple Slices Fruit Juice Breakfast Milk Options Milk Low Fat Milk NonFat Milk Lactose Free | Fiesta Bean and Cheese ⁵ Burrito FRESH SALSA Prep Deluxe Cereal Bowl Yogurt 4 oz Food and Nutrition Crackers Fresh Banana Fruit Juice Breakfast Milk Options Milk Low Fat Milk NonFat Milk Lactose Free | Cafe LA Coffee Cake ⁶ Deluxe Cereal Bowl Yogurt 4 oz Food and Nutrition Crackers Fresh Fruit Fruit Juice Breakfast Milk Options Milk Low Fat Milk NonFat Milk Lactose Free |
| Maple Waffle ⁹ FRESH APPLE CINNAMON TOPPING Prep Deluxe Cereal Bowl Yogurt 4 oz Food and Nutrition Crackers Fresh Apple Fruit Juice Breakfast Milk Options Milk Low Fat Milk NonFat Milk Lactose Free | Morning Beef Sausage Sandwich ¹⁰ Deluxe Cereal Bowl Yogurt 4 oz Food and Nutrition Crackers Orange Fruit Juice Breakfast Milk Options Milk Low Fat Milk NonFat Milk Lactose Free | YOGURT FRESH FRUIT MIX PARFAITCRACKERS Prep ¹¹ Deluxe Cereal Bowl Fresh Apple Slices Fruit Juice Breakfast Milk Options Milk Low Fat Milk NonFat Milk Lactose Free | Egg and Cheese Croissant Sandwich ¹² Deluxe Cereal Bowl Yogurt 4 oz Food and Nutrition Crackers Fresh Banana Fruit Juice Breakfast Milk Options Milk Low Fat Milk NonFat Milk Lactose Free | Chocolate Chip Muffin ¹³ Deluxe Cereal Bowl Yogurt 4 oz Food and Nutrition Crackers Fresh Fruit Fruit Juice Breakfast Milk Options Milk Low Fat Milk NonFat Milk Lactose Free |
| Cinnamon French Toast ¹⁶ FRESH APPLE CINNAMON TOPPING Prep Deluxe Cereal Bowl Yogurt 4 oz Food and Nutrition Crackers Fresh Apple Fruit Juice Breakfast Milk Options Milk Low Fat Milk NonFat Milk Lactose Free | Beef and Cheese Mini Bagel ¹⁷ Deluxe Cereal Bowl Yogurt 4 oz Food and Nutrition Crackers Orange Fruit Juice Breakfast Milk Options Milk Low Fat Milk NonFat Milk Lactose Free | Cinnamon Swirl IW ¹⁸ Deluxe Cereal Bowl Yogurt 4 oz Food and Nutrition Crackers Fresh Apple Slices Fruit Juice Breakfast Milk Options Milk Low Fat Milk NonFat Milk Lactose Free | Fiesta Bean and Cheese ¹⁹ Burrito FRESH SALSA Prep Deluxe Cereal Bowl Yogurt 4 oz Food and Nutrition Crackers Fresh Banana Fruit Juice Breakfast Milk Options Milk Low Fat Milk NonFat Milk Lactose Free | Cafe LA Coffee Cake ²⁰ Deluxe Cereal Bowl Yogurt 4 oz Food and Nutrition Crackers Fresh Fruit Fruit Juice Breakfast Milk Options Milk Low Fat Milk NonFat Milk Lactose Free |

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| <p>Maple Waffle FRESH APPLE CINNAMON TOPPING Prep Deluxe Cereal Bowl Yogurt 4 oz Food and Nutrition Crackers Fresh Apple Fruit Juice Breakfast Milk Options Milk Low Fat Milk NonFat Milk Lactose Free</p> | 23 | <p>TURKEY SAUSAGE QUESADILLA Prep Deluxe Cereal Bowl Yogurt 4 oz Food and Nutrition Crackers Fresh Fruit Fruit Juice Breakfast Milk Options Milk Low Fat Milk NonFat Milk Lactose Free</p> | 24 | <p>YOGURT FRESH FRUIT MIX PARFAITCRACKERS Prep Deluxe Cereal Bowl Fresh Apple Slices Fruit Juice Breakfast Milk Options Milk Low Fat Milk NonFat Milk Lactose Free</p> | 25 | <p>Ham and Cheese Croissant Sandwich Deluxe Cereal Bowl Yogurt 4 oz Food and Nutrition Crackers Fresh Banana Fruit Juice Breakfast Milk Options Milk Low Fat Milk NonFat Milk Lactose Free</p> | 26 | <p>Chocolate Chip Muffin Deluxe Cereal Bowl Yogurt 4 oz Food and Nutrition Crackers Fresh Fruit Fruit Juice Breakfast Milk Options Milk Low Fat Milk NonFat Milk Lactose Free</p> | 27 |
| <p>Cinnamon Swirl IW Deluxe Cereal Bowl Yogurt 4 oz Yogurt 4 oz Food and Nutrition Crackers Food and Nutrition Crackers Fresh Apple Fruit Juice Breakfast Milk Options Milk Low Fat Milk NonFat Milk Lactose Free</p> | 30 | <p>Cinnamon French Toast FRESH APPLE CINNAMON TOPPING Prep Deluxe Cereal Bowl Yogurt 4 oz Food and Nutrition Crackers Fresh Fruit Fruit Juice Breakfast Milk Options Milk Low Fat Milk NonFat Milk Lactose Free</p> | 31 | | | | | | |

Menus are Subject to Change
 This institution is an equal opportunity provider and employer