

# Roseburg Middle School Breakfast Menu



# October 2024

### Daily Breakfast Choices:



Assorted Breakfast Rounds (v), Egg & Cheese Muffin (v), Yogurt w/ Graham Cracker (v) and Assorted Cold Cereal (v) w/String Cheese

Mon: Ham, Egg and Cheese Sandwich | Tues: Sausage & Cheese Sandwich  
Wed: BLT Breakfast Sandwich | Thurs: Ham & Cheese Sandwich  
Fri: Sausage, Egg and Cheese Sandwich



*A Variety of Fresh & Canned Fruit, Low-Fat and Fat Free Milk Served Daily with Breakfast*  
**Please Remember 1 of your daily breakfast choices must be 1/2 cup of fruit**



	1	2	3	4
	Cheddar Cheese Omelet w/ Toast (v)	Buttermilk Pancake & Scrambled Eggs (v)	Mini Maple Waffles (v)	Homemade Muffin Top (v)
7	8	9	10	11
Cheesy Egg, Ham & Potato Bowl	Biscuit w/ Sausage Gravy	French Toast Sticks w/ Scrambled Egg (v)	Sausage & Egg Breakfast Burrito	Freshly Baked Cinnamon Roll (v)
14	15	16	17	18
Sausage Pancake on a Stick	Breakfast Protein Power-Up Pack (v)	Assorted Bagel w/ Cream Cheese (v)	Buttermilk Pancake & Scrambled Eggs (v)	Homemade Muffin Top (v)
21	22	23	24	25
Wild West Egg Scramble w/ Tortilla Chips (v)	Pancake Bites w/ Scrambled Eggs (v)	Sausage Breakfast Pizza	Veggie & Cheese Frittata w/ Toast (v)	French Toast Sticks w/ Scrambled Eggs (v)
28	29	30	31	
Waffle w/ Scrambled Egg (v)	Breakfast Egg, Ham, and Cheese Crunch Wrap	Buttermilk Pancakes & Scrambled Eggs (v)	Cinnamon & Peach Baked Oats (v)	

This Institution is an equal opportunity provider  
Menu Is Subject to Change



**All Students K-12 Eat Breakfast & Lunch at  
No Charge to the Student**

