

October Breakfast

TRUE FOOD
MPS CULINARY & WELLNESS SERVICES

SECONDARY 2024

M P S
This institution has special opportunity providers
mpschools.org/menus

**SELECTION
OF FRUIT
& MILK
OFFERED
DAILY**

T 1
Sausage or Egg
& Cheese Biscuit
Sandwich
OR
Yogurt Parfait
with Granola,
Assorted Cereals,
Hard Boiled Egg

W 2
Potato, Egg &
Turkey Sausage
Casserole
OR
Yogurt Parfait
with Granola,
Assorted Cereals,
Cheese Stick

T 3
NO SCHOOL

F 4
Cheesy
Scrambled Eggs
with Cinnamon
Roll
OR
Yogurt Parfait
with Granola,
Assorted Cereals,
Cheese Stick

M 7
French Toast with
Chicken Sausage
Patty
OR
Yogurt Parfait
with Granola,
Assorted Cereals,
Hard Boiled Egg

T 8
English Muffin
Sandwich
OR
Yogurt Parfait
with Granola,
Assorted Cereals,
Cheese Stick

W 9
Egg & Cheese
Breakfast
Flatbread
OR
Yogurt Parfait
with Granola,
Assorted Cereals,
Hard Boiled Egg

T 10
Chorizo Egg
Breakfast Tacos
OR
Yogurt Parfait
with Granola,
Assorted Cereals,
Cheese Stick

F 11
Egg & Cheese
Omelet with
Zucchini Bread
OR
Yogurt Parfait
with Granola,
Assorted Cereals,
Hard Boiled Egg

M 14
Fluffy Blueberry
Baked Pancakes
with Turkey
Sausage Links
OR
Yogurt Parfait
with Granola,
Assorted Cereals,
Cheese Stick

T 15
Sausage or Egg
& Cheese Biscuit
Sandwich
OR
Yogurt Parfait
with Granola,
Assorted Cereals,
Hard Boiled Egg

W 16
NO SCHOOL

T 17
NO SCHOOL

F 18
NO SCHOOL

M 21
French Toast with
Chicken Sausage
Patty
OR
Yogurt Parfait
with Granola,
Assorted Cereals,
Hard Boiled Egg

T 22
English Muffin
Sandwich
OR
Yogurt Parfait
with Granola,
Assorted Cereals,
Cheese Stick

W 23
Egg & Cheese
Breakfast
Flatbread
OR
Yogurt Parfait
with Granola,
Assorted Cereals,
Hard Boiled Egg

T 24
Chorizo Egg
Breakfast Tacos
OR
Yogurt Parfait
with Granola,
Assorted Cereals,
Cheese Stick

F 25
Egg & Cheese
Omelet with
Zucchini Bread
OR
Yogurt Parfait
with Granola,
Assorted Cereals,
Hard Boiled Egg

M 28
Fluffy Blueberry
Baked Pancakes
with Turkey
Sausage Links
OR
Yogurt Parfait
with Granola,
Assorted Cereals,
Cheese Stick

T 29
Sausage or Egg
& Cheese Biscuit
Sandwich
OR
Yogurt Parfait
with Granola,
Assorted Cereals,
Hard Boiled Egg

W 30
Potato, Egg &
Turkey Sausage
Casserole
OR
Yogurt Parfait
with Granola,
Assorted Cereals,
Cheese Stick

T 31
Breakfast
Burrito
OR
Yogurt Parfait
with Granola,
Assorted Cereals,
Hard Boiled Egg

Know Your Food
Farm to School

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MPS True Food