

October Breakfast


TRUE FOOD
MPS CULINARY & WELLNESS SERVICES

HARRISON 2024


This institution is an equal opportunity provider.
mps.schools.org/menus


**SELECTION
OF FRUIT
& MILK
OFFERED
DAILY**

T 1
Choose up to 2
Blueberry
Belgian Waffle
Cereal
Cheese Stick


W 2
Sausage or
Egg & Cheese
Sunrise Pancake
Stacker
OR
Cereal
 Yogurt Cup

T 3
NO SCHOOL

F 4
Choose up to 2
Mini Maple
Pancakes
Cereal
Cheese Stick


M 7
Sausage or
Egg & Cheese
Flatbread
Sandwich
OR
Cereal
 Yogurt Cup

T 8
Choose up to 2
Maple Butter
Belgian Waffle
Cereal
Cheese Stick

W 9
Sausage or
Egg & Cheese
Sunrise Pancake
Stacker
OR
Cereal
 Yogurt Cup

T 10
Choose up to 2
Bagel with Cream
Cheese or Apple
Cinnamon Spread
Cereal
Hard Boiled
Egg

F 11
Choose up to 2
Aebleskiver
Cereal
Cheese Stick


M 14
Sausage or
Egg & Cheese
Flatbread
Sandwich
OR
Cereal
 Yogurt Cup

T 15
Choose up to 2
Blueberry
Belgian Waffle
Cereal
Cheese Stick


W 16
NO SCHOOL

T 17
NO SCHOOL

F 18
NO SCHOOL


M 21
Sausage or
Egg & Cheese
Flatbread
Sandwich
OR
Cereal
 Yogurt Cup

T 22
Choose up to 2
Maple Butter
Belgian Waffle
Cereal
Cheese Stick


W 23
Sausage or
Egg & Cheese
Sunrise Pancake
Stacker
OR
Cereal
 Yogurt Cup

T 24
Choose up to 2
Bagel with Cream
Cheese or Apple
Cinnamon Spread
Cereal
Hard Boiled
Egg

F 25
Choose up to 2
Aebleskiver
Cereal
Cheese Stick

M 28
Sausage or
Egg & Cheese
Flatbread
Sandwich
OR
Cereal
 Yogurt Cup

T 29
Choose up to 2
Blueberry
Belgian Waffle
Cereal
Cheese Stick

W 30
Sausage or
Egg & Cheese
Sunrise Pancake
Stacker
OR
Cereal
 Yogurt Cup

T 31
Choose up to 2
French Toast
Sticks
Cereal
Hard Boiled
Egg

Know Your Food
 Farm to School

 
follow us at
MPS True Food