










October Breakfast

TRUE FOOD
MPS CULINARY & WELLNESS SERVICES

PREPACK 2024


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

**SELECTION
OF FRUIT
& MILK
OFFERED
DAILY**

T 1 <i>Choose up to 2</i> 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 <i>Choose up to 2</i> Mini Maple Pancakes Cereal Cheese Stick	
M 7 Sausage or Egg & Cheese Flatbread Sandwich OR Cereal  Yogurt Cup	T 8 <i>Choose up to 2</i> Maple Butter Belgian Waffle Cereal Cheese Stick	W 9 Sausage or Egg & Cheese Sunrise Pancake Stacker OR Cereal  Yogurt Cup	T 10 <i>Choose up to 2</i> Bagel with Cream Cheese or Apple Cinnamon Spread Cereal Hard Boiled Egg	F 11 <i>Choose up to 2</i> Aebleskiver Cereal Cheese Stick
M 14 Sausage or Egg & Cheese Flatbread Sandwich OR Cereal  Yogurt Cup	T 15 <i>Choose up to 2</i> 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 <i>Choose up to 2</i> Maple Butter Belgian Waffle Cereal Cheese Stick	W 23 Sausage or Egg & Cheese Sunrise Pancake Stacker OR Cereal  Yogurt Cup	T 24 <i>Choose up to 2</i> Bagel with Cream Cheese or Apple Cinnamon Spread Cereal Hard Boiled Egg	F 25 <i>Choose up to 2</i> Aebleskiver Cereal Cheese Stick
M 28 Sausage or Egg & Cheese Flatbread Sandwich OR Cereal  Yogurt Cup	T 29 <i>Choose up to 2</i> Blueberry Belgian Waffle Cereal Cheese Stick	W 30 Sausage or Egg & Cheese Sunrise Pancake Stacker OR Cereal  Yogurt Cup	T 31 <i>Choose up to 2</i> French Toast Sticks Cereal Hard Boiled Egg	<i>Know Your Food</i>  Farm to School

 
follow us at
MPS True Food