






GHC TK8  
DAILY BREAKFAST SPECIAL MENU

# October 2024



MENU SUBJECT TO CHANGE WITHOUT NOTICE

WE OFFER VS. SERVE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>1-Oct</p> <ul style="list-style-type: none"> <li>☛ Chocolate Muffin</li> <li>or</li> <li>☛ English Muffin</li> </ul> <p>Breakfast Sandwich with Hash Browns</p> <p>Milk - Fruit - Juice</p>	<p>2-Oct</p> <ul style="list-style-type: none"> <li>☛ Mini Cinnis</li> </ul> <p>with Tater Tots</p> <p>or</p> <ul style="list-style-type: none"> <li>☛ Bagel &amp; Cream Cheese</li> </ul> <p>Milk - Fruit - Juice</p>	<p>3-Oct</p> <p style="text-align: center;"><b>UNASSIGNED DAY</b></p>	<p>4-Oct</p> <ul style="list-style-type: none"> <li>☛ French Toast</li> <li>☛ Sweet Potato Puffs</li> <li>or</li> <li>☛ Cinnamon Toast Crunch</li> </ul> <p>Milk - Fruit - Juice</p>	
<p>7-Oct</p> <ul style="list-style-type: none"> <li>☛ Croissant Breakfast Sandwich with Hash Browns</li> <li>or</li> <li>☛ Lucky Charms Cereal</li> </ul> <p>Milk - Fruit - Juice</p>	<p>8-Oct</p> <ul style="list-style-type: none"> <li>☛ Coffee Cake</li> <li>or</li> <li>☛ Cinnamon Toast Crunch</li> </ul> <p>Milk - Fruit - Juice</p>	<p>9-Oct</p> <ul style="list-style-type: none"> <li>☛ Bagel &amp; Cream Cheese</li> <li>or</li> <li>☛ Maple Waffle with Sweet Potato Puffs</li> </ul> <p>Milk - Fruit - Juice</p>	<p>10-Oct</p> <ul style="list-style-type: none"> <li>☛ Breakfast Burrito</li> <li>☛ Tater Tots</li> <li>or</li> <li>☛ Cocoa Puffs</li> </ul> <p>Milk - Fruit - Juice</p>	<p>11-Oct</p> <ul style="list-style-type: none"> <li>☛ Fresh Baked Cinnamon Rolls</li> <li>or</li> <li>☛ Trix Cereal</li> </ul> <p>Milk - Fruit - Juice</p>
<p>14-Oct</p> <ul style="list-style-type: none"> <li>☛ Pancake &amp; Sausage</li> <li>☛ Sweet Potato Puffs</li> <li>or</li> <li>☛ Trix Cereal</li> </ul> <p>Milk - Fruit - Juice</p>	<p>15-Oct</p> <ul style="list-style-type: none"> <li>☛ Chocolate Muffin</li> <li>or</li> <li>☛ English Muffin</li> </ul> <p>Breakfast Sandwich with Hash Browns</p> <p>Milk - Fruit - Juice</p>	<p>16-Oct</p> <ul style="list-style-type: none"> <li>☛ Mini Cinnis</li> </ul> <p>with Tater Tots</p> <p>or</p> <ul style="list-style-type: none"> <li>☛ Bagel &amp; Cream Cheese</li> </ul> <p>Milk - Fruit - Juice</p>	<p>17-Oct</p> <ul style="list-style-type: none"> <li>☛ Pop-Tarts</li> <li>or</li> <li>☛ Cocoa Puffs</li> </ul> <p>Milk - Fruit - Juice</p>	<p>18-Oct</p> <ul style="list-style-type: none"> <li>☛ French Toast</li> <li>☛ Sweet Potato Puffs</li> <li>or</li> <li>☛ Cinnamon Toast Crunch</li> </ul> <p>Milk - Fruit - Juice</p>
<p>21-Oct</p> <ul style="list-style-type: none"> <li>☛ Croissant Breakfast Sandwich with Hash Browns</li> <li>or</li> <li>☛ Lucky Charms Cereal</li> </ul> <p>Milk - Fruit - Juice</p>	<p>22-Oct</p> <ul style="list-style-type: none"> <li>☛ Coffee Cake</li> <li>or</li> <li>☛ Cinnamon Toast Crunch</li> </ul> <p>Milk - Fruit - Juice</p>	<p>23-Oct</p> <ul style="list-style-type: none"> <li>☛ Bagel &amp; Cream Cheese</li> <li>or</li> <li>☛ Maple Waffle with Sweet Potato Puffs</li> </ul> <p>Milk - Fruit - Juice</p>	<p>24-Oct</p> <ul style="list-style-type: none"> <li>☛ Breakfast Burrito</li> <li>☛ Tater Tots</li> <li>or</li> <li>☛ Cocoa Puffs</li> </ul> <p>Milk - Fruit - Juice</p>	<p>25-Oct</p> <ul style="list-style-type: none"> <li>☛ Fresh Baked Cinnamon Rolls</li> <li>or</li> <li>☛ Trix Cereal</li> </ul> <p>Milk - Fruit - Juice</p>
<p>28-Oct</p> <ul style="list-style-type: none"> <li>☛ Minimum Day</li> </ul> <p>Grab 'n' Go Breakfast from 7:30 - 8:20</p> <p>Milk - Fruit - Juice</p>	<p>29-Oct</p> <ul style="list-style-type: none"> <li>☛ Chocolate Muffin</li> <li>or</li> <li>☛ English Muffin</li> </ul> <p>Breakfast Sandwich with Hash Browns</p> <p>Milk - Fruit - Juice</p>	<p>30-Oct</p> <p style="text-align: center;"><b>Minimum Day</b></p> <p>Grab 'n' Go Breakfast from 7:30 - 8:20</p> <p>Milk - Fruit - Juice</p>	<p>31-Oct</p> <p style="text-align: center;"><b>Minimum Day</b></p> <p>Grab 'n' Go Breakfast from 7:30 - 8:20</p> <p>Milk - Fruit - Juice</p> 	

ALL MEALS INCLUDE YOUR CHOICE OF WHOLE FRESH FRUITS, AND YOUR CHOICE OF

Serving size 1 Serving (74g)

MILKS, FAT FREE, LOW FAT, FAT FREE CHOCOLATE AND 100%FRUIT JUICE. DRINKING WATER IS AVAILABLE IN ASSIGNED AREAS