

October Elementary/K-8 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 = Vegetarian Item  = Items with 6g or less of added sugar per serving			1 Cinnamon Roll   Variety of Cereal   Variety of Breakfast Bars 	2 French Toast Sticks and Yogurt   Variety of Cereal   Variety of Breakfast Bars 
5 Pancake Puffs  Variety of Cereal   Variety of Breakfast Bars 	6 Breakfast Bagel Pizza   Variety of Cereal   Variety of Breakfast Bars 	7 Chicken Biscuit  Variety of Cereal   Variety of Breakfast Bars 	8 Croissant & Yogurt   Variety of Cereal   Variety of Breakfast Bars 	9 No School Today
12 Pancake Puffs  Variety of Cereal   Variety of Breakfast Bars 	13 Turkey Sausage Breakfast Biscuit Pocket  Variety of Cereal   Variety of Breakfast Bars 	14 Egg and Cheese Croissant Sandwich   Variety of Cereal   Variety of Breakfast Bars 	15 Cinnamon Roll   Variety of Cereal   Variety of Breakfast Bars 	16 French Toast Sticks and Yogurt   Variety of Cereal   Variety of Breakfast Bars 
19 Pancake Puffs  Variety of Cereal   Variety of Breakfast Bars 	20 Breakfast Bagel Pizza   Variety of Cereal   Variety of Breakfast Bars 	21 Chicken Biscuit  Variety of Cereal   Variety of Breakfast Bars 	22 Croissant & Yogurt   Variety of Cereal   Variety of Breakfast Bars 	23 Beef Sausage, Egg and Cheese Breakfast Wrap (Halal)  Variety of Cereal   Variety of Breakfast Bars 
26 Pancake Puffs  Variety of Cereal   Variety of Breakfast Bars 	27 Turkey Sausage Breakfast Biscuit Pocket  Variety of Cereal   Variety of Breakfast Bars 	28 Egg and Cheese Croissant Sandwich   Variety of Cereal   Variety of Breakfast Bars 	29 Cinnamon Roll   Variety of Cereal   Variety of Breakfast Bars 	30 No School Today

A variety of fruit along with a choice of 1% or fat free unflavored milk and juice are offered with each meal. Students must choose at least 3 food items and must choose at least 1/2 cup of fruits or juice.

Menu subject to change

This institution is an equal opportunity provider

To manage your student's meal account and to access nutrition and allergy information, log onto: <https://www.schoolcafe.com/BEAVERTONSD>