

OCTOBER BREAKFAST MENU

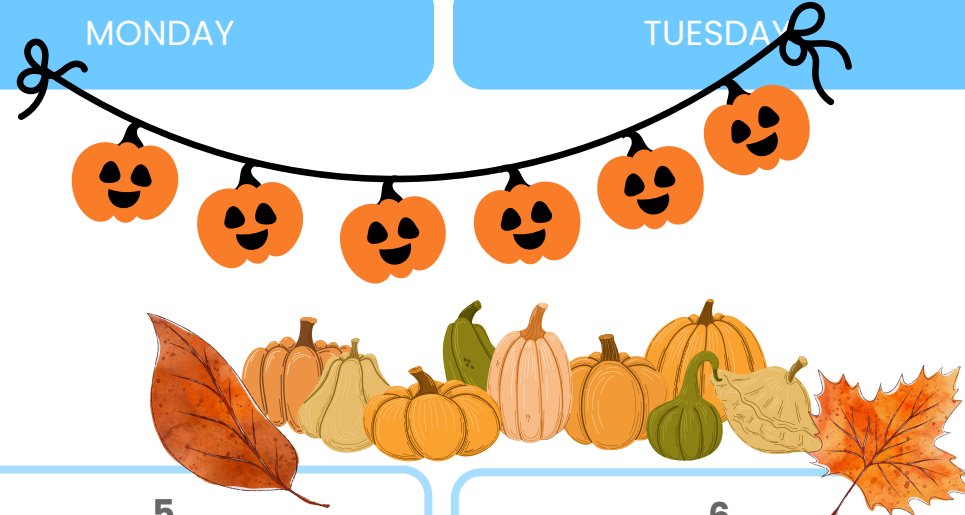
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



5

NUTRI-GRAIN BARS
YOGURT OR HARD BOILED
EGG
ORANGE SMILES

6

PANCAKE AND TURKEY
SAUSAGE ROLLS
OR YOGURT AND GRAHAM
CRACKERS
ORANGE JUICE

7

HOMEMADE WHOLE GRAIN
MUFFINS
HARD BOILED EGG OR
YOGURT
APPLE SLICES

8

EGG AND CHEESE
QUESADILLA
OR YOGURT GRAHAM
CRACKER
CRANBERRIES

9

ASSORTED CEREALS
WITH MILK OR
YOGURT
BANANAS

12

WARM BAGELS
WITH CREAM CHEESE OR
JELLY
YOGURT OR EGGS
STRAWBERRIES

13

YOGURT PARFAIT TOPPED
WITH GRANOLA
OR A BAGEL WITH CREAM
CHEESE
CRANBERRIES

14

ASSORTED CEREALS
YOGURT OR HARD BOILED
EGGS
ORANGE SMILES

15

HOMEMADE GRANOLA BARS
CHEESE STICK OR HARD
BOILED EGG
APPLE SAUCE CUP

16

ASSORTED WHOLE GRAIN
MUFFINS
YOGURT
APPLE SLICES

19

ASSORTED CEREALS
WITH MILK OR YOGURT
APPLES OR RASINS

20

FRENCH TOAST STICKS
TURKEY SAUSAGE OR
YOGURT
ORANGE SMILES

21

ASSORTED GRANOLA BARS
HARD BOILED EGGS
CHEESE STICK
BERRIES

22

BACON EGG AND CHEESE
SANDWICH OR
VEGETARIAN SANDWICH
OR YOGURT AND GRANOLA
ORANGE JUICE

23

ASSORTED CEREALS
CHEESE STICK OR HARD
BOILED EGG
APPLES OR RAISINS

26

ASSORTED WHOLE GRAIN
MUFINS
YOGURT OR EGGS
CRANBERRIES

27

BREAKFAST BURRITO
WITH OR WITHOUT MEAT
OR YOGURT WITH FRUIT
APPLE SLICES

28

WARM BAGELS
WITH CREAM CHEESE OR
JELLY
YOGURT OR EGGS
ORANGE JUICE

29

WARM CINNAMON BUNS
CHEESE STICK OR HARD
BOILED EGG
ORANGE SMILES

30

ASSORTED WHOLE GRAIN
MUFFINS
YOGURT OR CHEESE STICK
BERRIES

Did you know. . .School breakfast is free!
All Meals include whole grain, lean protein,
Vegetable and fruit of the day & 1% Milk or
fat free Chocolate Milk.

Students must
select at least 3
out of 4 items
including a fruit or
vegetable to create
a complete USDA
breakfast.



School Breakfast offers a convenient, safe, and
nutritious alternative to breakfast at home.
School breakfast provides $\frac{1}{4}$ the recommended
amount of protein, calcium, iron, Vitamin A, and
Vitamin C for the day.

All meals are offered free to qualifying
students.

Please visit our website for more information.
We are welcome to your comments and
questions, please feel free to call anytime at
978-402-8666, or email
sbardzik@carlisle.k12.ma.us.

Our prepayment option takes a load off your
mind. Please visit the Carlisle School website
for more information. Civil rights law and U.S.
Department of Agriculture (USDA) Civil Rights

Please be aware, the menu is subject to change.