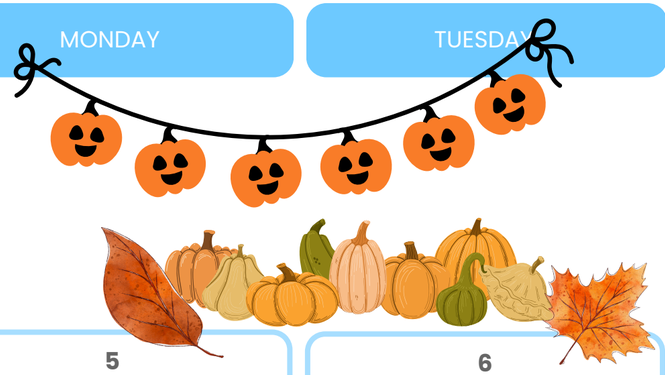
OCTOBER BREAKFAST MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 WARM WAFFLES YOGURT, HARD BOILED EGG OR CHEESE STICK ORANGES OR APPLES	2 ASSORTED CEREAL OR YOGURT PARFAIT HARD BOILED EGG APPLES OR RAISINS
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 BOIKLED EGG OR YOGURT APPLE SLICES	8 EGG AND CHEESE QUESADILLA OR YOGURT GRAHAM CRACKER CRANNBERRIES	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.

The 4 Meal Components

1. Grain
2. Meat/ Meat Alternative
3. Fruit/ Vegetable/ Juice *can take up to 2 servings
4. Milk

School Breakfast offers a convenient, safe, and nutritious alternative to breakfast at home. School breakfast provides ¼ 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.