

# October 2017 Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2 French Toast Stick with Syrup</b> <b>Ham Slice</b> <b>Fruit • Juice • Milk</b>	<b>3 Pancake Sausage Breakfast Bites</b> <b>Oatmeal</b> <b>Fruit • Juice • Milk</b>	<b>4 Cereal or Cereal Bar</b> <b>Yogurt</b> <b>Fruit</b> <b>Juice • Milk</b>	<b>5 Biscuit with Jelly</b> <b>Sausage Patty</b> <b>Fruit</b> <b>Juice • Milk</b>	<b>6 Grilled Cheese</b> <b>Grits</b> <b>Fruit</b> <b>Juice • Milk</b>
<b>9 No School</b>  <b>Professional Development</b>	<b>10 Biscuit with Jelly</b> <b>Chicken Patty</b> <b>Fruit</b> <b>Juice</b>	<b>11 Cereal or Cereal Bar</b> <b>Ham and Cheese</b> <b>Croissant</b> <b>Fruit</b>	<b>12 Pancake on a Stick</b> <b>Fruit</b> <b>Juice</b> <b>Milk</b>	<b>13 Pop Tart</b> <b>Cheez-it Crackers</b> <b>Cheese Stick</b> <b>Fruit</b>
<b>16 Biscuit with Jelly</b> <b>Sausage Patty</b> <b>Fruit</b> <b>Juice</b> <b>Milk</b>	<b>17 Waffles with Syrup</b> <b>Ham Slice</b> <b>Fruit</b> <b>Juice</b> <b>Milk</b>	<b>18 Cereal or Cereal Bar</b> <b>Ham and Cheese</b> <b>Croissant</b> <b>Fruit</b> <b>Juice • Milk</b>	<b>19 Breakfast Sandwich</b> <b>Fruit</b> <b>Juice</b> <b>Milk</b>	<b>20 Breakfast Bagel</b> <b>Oatmeal</b> <b>Fruit</b> <b>Juice</b> <b>Milk</b>
<b>23 Breakfast Wrap</b> <b>Grits</b> <b>Fruit</b> <b>Juice</b>	<b>24 Biscuit w/Jelly</b> <b>Chicken Patty</b> <b>Fruit</b> <b>Juice</b>	<b>25 Cereal or Cereal Bar</b> <b>Yogurt</b> <b>Fruit</b> <b>Juice</b>	<b>26 Pancakes w/Syrup</b> <b>Sausage Links</b> <b>Fruit</b> <b>Juice</b>	<b>27 Pop Tart</b> <b>Cheez-it Crackers</b> <b>Cheese Stick</b> <b>Fruit</b>
<b>30 Cinnamon Roll</b> <b>Sausage Patty</b> <b>Fruit</b> <b>Juice</b>	<b>31 Breakfast Pizza</b> <b>Oatmeal</b> <b>Fruit</b> <b>Juice</b>			Unflavored low fat, unflavored skim, chocolate or strawberry milk available with each meal. Menu subject to change due to deliveries and commodities. If not specified, fruit may be canned, fresh, frozen, dried or a

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