

October Breakfast Menu

Elementary

MONDAY	TUESDAY	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
		Choose 1 Pancake and Sausage on a Stick Cereal w/Toast Oatmeal w/ Toast Cereal or Oatmeal w/Cinnamon Toast Yogurt or String Cheese w/ toast Choice of Fruit and Juice Your choice of Milk	Choose 1 Scrambled Eggs w/toast Cereal w/Toast Oatmeal w/ Toast Cereal w/ Toast and Jelly Yogurt or String Cheese w/ toast Choice of Fruit and Juice Your choice of Milk	Choose 1 Sausage Patty w/ biscuit and gravy Sausage biscuit Cereal w/Toast Yogurt or String Cheese w/ toast Choice of Fruit and Juice Your choice of Milk
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
Choose 1 Pancakes w/syrup Cereal w/ Toast Oatmeal w/ Toast Yogurt or String Cheese w/ toast Choice of Fruit and Juice Your choice of Milk	Choose 1 Chicken Patty on Biscuit Cheese Toast Cereal w/ Toast Cereal w/Toast and Jelly Yogurt or String Cheese w/ toast Choice of Fruit and Juice Your choice of Milk	Choose 1 French Toast Sticks w/syrup Cereal w/Toast Oatmeal w/ Toast Cereal or Oatmeal w/Cinnamon Toast Yogurt or String Cheese w/ toast Choice of Fruit and Juice Your choice of Milk	Choose 1 Scrambled Eggs w/toast Cereal w/Toast Oatmeal w/ Toast Cereal w/ Toast and Jelly Yogurt or String Cheese w/ toast Choice of Fruit and Juice Your choice of Milk	Choose 1 Sausage Patty w/ biscuit and gravy Sausage biscuit Cereal w/Toast Yogurt or String Cheese w/ toast Choice of Fruit and Juice Your choice of Milk
MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
		Choose 1 Pancake and Sausage on a Stick Cereal w/Toast Oatmeal w/ Toast Cereal or Oatmeal w/Cinnamon Toast Yogurt or String Cheese w/ toast Choice of Fruit and Juice Your choice of Milk	Choose 1 Scrambled Eggs w/toast Cereal w/Toast Oatmeal w/ Toast Cereal w/ Toast and Jelly Yogurt or String Cheese w/ toast Choice of Fruit and Juice Your choice of Milk	Choose 1 Sausage Patty w/ biscuit and gravy Sausage biscuit Cereal w/Toast Yogurt or String Cheese w/ toast Choice of Fruit and Juice Your choice of Milk
MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
Choose 1 Pancakes w/syrup Cereal w/ Toast Oatmeal w/ Toast Yogurt or String Cheese w/ toast Choice of Fruit and Juice Your choice of Milk	Choose 1 Chicken Patty on Biscuit Cheese Toast Cereal w/ Toast Cereal w/Toast and Jelly Yogurt or String Cheese w/ toast Choice of Fruit and Juice Your choice of Milk	Choose 1 French Toast Sticks w/syrup Cereal w/Toast Oatmeal w/ Toast Cereal or Oatmeal w/Cinnamon Toast Yogurt or String Cheese w/ toast Choice of Fruit and Juice Your choice of Milk	Choose 1 Scrambled Eggs w/toast Cereal w/Toast Oatmeal w/ Toast Cereal w/ Toast and Jelly Yogurt or String Cheese w/ toast Choice of Fruit and Juice Your choice of Milk	Choose 1 Sausage Patty w/ biscuit and gravy Sausage biscuit Cereal w/Toast Yogurt or String Cheese w/ toast Choice of Fruit and Juice Your choice of Milk
MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
Choose 1 Waffles w/syrup Cereal w/ Toast Oatmeal w/ Toast Yogurt or String Cheese w/ toast Choice of Fruit and Juice Your choice of Milk	Choose 1 Chicken Patty on Biscuit Cheese Toast Cereal w/ Toast Cereal w/Toast and Jelly Yogurt or String Cheese w/ toast Choice of Fruit and Juice Your choice of Milk	Choose 1 Pancake and Sausage on a Stick Cereal w/Toast Oatmeal w/ Toast Cereal or Oatmeal w/Cinnamon Toast Yogurt or String Cheese w/ toast Choice of Fruit and Juice Your choice of Milk	Choose 1 Scrambled Eggs w/toast Cereal w/Toast Oatmeal w/ Toast Cereal w/ Toast and Jelly Yogurt or String Cheese w/ toast Choice of Fruit and Juice Your choice of Milk	Choose 1 Sausage Patty w/ biscuit and gravy Sausage biscuit Cereal w/Toast Yogurt or String Cheese w/ toast Choice of Fruit and Juice Your choice of Milk 

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