

October 2017

Fayetteville High School

BREAKFAST



**** USDA is an equal opportunity employer & provider****

**** Manager reserves the right to change menu due to food availability****

****Breakfast includes: Choice of (1) Grain**



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

Sausage Biscuit
French Toast w/syrup
Cereal Bar
Milk
Apple Juice
Diced Peaches

2

Bacon-Egg-Chz McMuffin
Bagel w/jelly or cream chz
Choc Chip Oatmeal Bar
Milk
Orange Juice
Mixed Fruit

3

Pancake Sausage Stick
Blueberry Muffin
Cereal Bar
Milk
Grape Juice
Applesauce

4

Chicken Biscuit
Breakfast Tornado Stick
Cereal Bar
Milk
Apple Juice
Diced Pears

5

Breakfast Pizza
Choc Chip Muffin
Cereal Bar
Milk
Orange Juice
Pineapple Tidbits

6

Fall

9

Fall

10

Fall

11

Fall

12

Fall

13

Break

Break

Break

Break

Break

French Toast Sticks w/syrup
Bagel w/cream chz or jelly
Cereal Bar
Milk
Apple Juice
Diced Peaches

16

Sausage/Egg Biscuit
Apple Frudel
Cereal Bar
Milk
Grape Juice
Applesauce

17

Egg & Chz Omelet w/Muffin
French Toast w/syrup
Choc Chip Oatmeal Bar
Milk
Orange Juice
Mixed Fruit

18

Pancakes w/syrup
Breakfast Burrito w/sauce
Cereal Bar
Milk
Apple Juice
Diced Pears

19

Bosco Breakfast Stick
Biscuit w/jelly
Cereal Bar
Milk
Orange Juice
Pineapple Tidbits

20

Sausage Biscuit
French Toast w/syrup
Cereal Bar
Milk
Apple Juice
Diced Peaches

23

Bacon-Egg-Chz McMuffin
Bagel w/jelly or cream chz
Choc Chip Oatmeal Bar
Milk
Orange Juice
Mixed Fruit

24

Pancake Sausage Stick
Blueberry Muffin
Cereal Bar
Milk
Grape Juice
Applesauce

25

Chicken Biscuit
Breakfast Tornado Stick
Cereal Bar
Milk
Apple Juice
Diced Pears

26

Breakfast Pizza
Choc Chip Muffin
Cereal Bar
Milk
Orange Juice
Pineapple Tidbits

27

French Toast Sticks w/syrup
Bagel w/cream chz or jelly
Cereal Bar
Milk
Apple Juice
Diced Peaches

30

Sausage/Egg Biscuit
Apple Frudel
Cereal Bar
Milk
Grape Juice
Applesauce

31

