

October 2017

Fayetteville Middle 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 entrée, Milk and Fruit/Juice****



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 2
 Lucky Charms Cereal
 Milk
 Apple Juice
 Diced Peaches

Bacon-Egg-Chz Bagel 3
 Choc Chip Oatmeal Bar
 Milk
 Orange Juice
 Mixed Fruit

Chicken Biscuit 4
 Choc Chip Muffin
 Milk
 Grape Juice
 Applesauce

Bacon Biscuit 5
 Keebler Graham Gripz
 Milk
 Apple Juice
 Diced Pears

Chicken Biscuit 6
 Cinn Toast Crunch Cereal
 Milk
 Orange Juice
 Pineapple Tidbits

Fall 9

 Break

Fall 10

 Break

Fall 11

 Break

Fall 12

 Break

Fall 13

 Break

Bacon Biscuit 16
 Lucky Charms Cereal
 Milk
 Apple Juice
 Diced Peaches

Sausage/Egg Biscuit 17
 Apple Frudel
 Milk
 Grape Juice
 Applesauce

Egg & Chz Omelet w/Muffin 18
 Choc Chip Oatmeal Bar
 Milk
 Orange Juice
 Mixed Fruit

Pancakes w/syrup 19
 Keebler Graham Gripz
 Milk
 Apple Juice
 Diced Pears

Chicken Biscuit 20
 Cinn Toast Crunch Cereal
 Milk
 Orange Juice
 Pineapple Tidbits

Sausage Biscuit 23
 Lucky Charms Cereal
 Milk
 Apple Juice
 Diced Peaches

Bacon-Egg-Chz Bagel 24
 Choc Chip Oatmeal Bar
 Milk
 Orange Juice
 Mixed Fruit

Chicken Biscuit 25
 Choc Chip Muffin
 Milk
 Grape Juice
 Applesauce

Bacon Biscuit 26
 Keebler Graham Gripz
 Milk
 Apple Juice
 Diced Pears

Chicken Biscuit 27
 Cinn Toast Crunch Cereal
 Milk
 Orange Juice
 Pineapple Tidbits

Bacon Biscuit 30
 Lucky Charms Cereal
 Milk
 Apple Juice
 Diced Peaches

Sausage/Egg Biscuit 31
 Apple Frudel
 Milk
 Grape Juice
 Applesauce

