

October 2017

Ralph Askins Elementary

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

