

# BREAKFAST

## October 2019 – Breakfast Menu Franklin County Schools

Eat Breakfast at School! All Franklin County students may eat breakfast at no charge!



Monday	Tuesday	Wednesday	Thursday	Friday
9/30 <b>Choose 1 or 2:</b> Assorted Cereal Cheese Stick Poptart <b>OR Choose 1:</b> Dutch Waffle	1 <b>Choose 1 or 2:</b> Assorted Cereal Yogurt Elf Grahams <b>OR Choose 1:</b> Breakfast Pizza	2 <b>Choose 1 or 2:</b> Assorted Cereal Biscuit Sausage or Chicken Gravy / Jelly <b>OR Choose 1:</b> Mini Donuts	3 <b>Choose 1 or 2:</b> Assorted Cereal Cheese Stick Cinnamon Roll <b>OR Choose 1:</b> Cheddar Omelet w/ Toast (optional)	4 <i>No School</i>  <i>October</i> 7-11 
14 <b>Choose 1 or 2:</b> Assorted Cereal Yogurt Poptart <b>OR Choose 1:</b> Breakfast Pizza	15 <b>Choose 1 or 2:</b> Assorted Cereal Biscuit Sausage or Chicken Gravy / Jelly	16 <b>Choose 1 or 2:</b> Assorted Cereal Cheese Stick Donut Holes <b>OR Choose 1:</b> Cheddar Omelet w/ Toast (optional)	17 <b>Choose 1 or 2:</b> Assorted Cereal Biscuit Chicken or Sausage <b>OR Choose 1:</b> Breakfast Bun	18 <b>Choose 1 or 2:</b> Assorted Cereal Cheese Stick Cereal Bar <b>OR Choose 1:</b> Pancake/Sausage Stick
21 <b>Choose 1 or 2:</b> Assorted Cereal Cheese Stick Muffin <b>OR Choose 1:</b> Cheddar Omelet w/ Toast (optional)	22 <b>Choose 1 or 2:</b> Assorted Cereal Biscuit Sausage or Chicken Gravy / Jelly <b>OR Choose 1:</b> Yeast Ring	23 <b>Choose 1 or 2:</b> Assorted Cereal Cinnamon Roll Yogurt <b>OR Choose 1:</b> Breakfast Pizza	24 <b>Choose 1 or 2:</b> Assorted Cereal Cheese Toast Cereal Bar <b>OR Choose 1:</b> Peanut Butter/Jelly Sandwich	25 <b>Choose 1 or 2:</b> Assorted Cereal Biscuit Breakfast Steak <b>OR Choose 1:</b> Breakfast Bar or Frudel
28 <b>Choose 1 or 2:</b> Assorted Cereal Cheese Stick Poptart <b>OR Choose 1:</b> Dutch Waffle	29 <b>Choose 1 or 2:</b> Assorted Cereal Yogurt Elf Grahams <b>OR Choose 1:</b> Breakfast Pizza	30 <b>Choose 1 or 2:</b> Assorted Cereal Biscuit Sausage or Chicken Gravy / Jelly <b>OR Choose 1:</b> Mini Donuts	<i>Happy Halloween</i> 31 <b>Choose 1 or 2:</b> Assorted Cereal Cheese Stick Cinnamon Roll <b>OR Choose 1:</b> Cheddar Omelet w/ Toast (optional)	11/1 <b>Choose 1 or 2:</b> Assorted Cereal Biscuit Sausage or Chicken <b>OR Choose 1:</b> Yogurt Parfait

**Assorted fruit, fruit juice and milk variety is offered daily.**  
Reimbursable breakfasts must include (at a minimum) ½ cup fruit or fruit juice.  
Students may eat breakfast at no cost.

**The Nutrition Department strives to offer the daily menu as planned and advertised. However, due to some circumstances beyond our control, the daily menus may be altered.**  
**This institution is an equal opportunity provider**