


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Biscuit w/Egg Square Sausage Patty Fruit Assorted Juice Milk	Breakfast Bagel or Cereal w/Yogurt Fruit Assorted Juice Milk
WEEK OF 5 th -9 th Cycle 3	Mini Waffles or Pancakes w/Sausage Patty Fruit Assorted Juice Milk	Ham & Cheese Croissant Fruit Assorted Juice Milk	Cinni Minis w/Yogurt or Shiver Shock Smoothie w/Cereal Bar Fruit Assorted Juice Milk	Chicken Biscuit Fruit Assorted Juice Milk	Pop Tart & Yogurt or Cereal & Yogurt Assorted Juice Milk
WEEK OF 12 th -16 th Cycle 4	Breakfast Sandwich Or Cereal w/Yogurt Fruit Assorted Juice Milk **HOLIDAY**	Breakfast Wrap or Bagel w/Cream Cheese Fruit Assorted Juice Milk	Muffin or Doughnut w/Cheese String or Cereal w/Cheese String Fruit Assorted Juice Milk	Grits Sausage Biscuit Fruit Assorted Juice Milk	Mini Pancake Coated Sausage Bites (#16126) Fruit Assorted Juice Milk
WEEK OF 19 th -23 rd Cycle 5 **HOLIDAY WEEK**	Breakfast Pizza or Cereal w/Yogurt Fruit Assorted Juice Milk	Cinnamon Roll w/Sausage Patty Fruit Assorted Juice Milk	Chicken Biscuit Fruit Assorted Juice Milk	Breakfast Bagel or Cereal w/Cheese String Fruit Assorted Juice Milk	Breakfast Sandwich Fruit Assorted Juice Milk
WEEK OF 26 th -30 th Cycle 1	Cheese Toast w/Sausage Patty Fruit Assorted Juice Milk	Ham & Cheese Croissant Fruit Assorted Juice Milk	Cereal Bar w/Cheese String or Cereal w/Yogurt Fruit Assorted Juice Milk	Pancakes or Waffles w/Sausage Links Fruit Assorted Juice Milk	Breakfast Pizza or Cereal w/Yogurt Fruit Assorted Juice Milk

NOVEMBER

MENUS ARE SUBJECT TO CHANGE
WITHOUT NOTICE

ALL MEALS SERVED WITH CHOICE
OF MILK:

- UNFLAVORED 1% LOW FAT
- UNFLAVORED SKIM
- FAT FREE STRAWBERRY
- FAT FREE CHOCOLATE

FRESH, CANNED OR FROZEN FRUIT
SERVED DAILY

100% FORTIFIED FRUIT JUICE
SERVED DAILY

FUN FACT:

School Breakfast provides 25% of the recommended daily allowance of protein, calcium and iron, vitamins A&C and calories for your kids as well as meeting federal nutrition guidelines based on the Dietary Guidelines for Americans.

School breakfast also helps to build lifelong healthy eating habits.

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