


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Pancakes or Waffles w/Sausage Fruit Assorted Juice Milk	Breakfast Pizza or Cereal w/Yogurt Fruit Assorted Juice Milk
WEEK OF 5 th -9 th Cycle 2	French Toast Sticks w/Sausage Links Fruit Assorted Juice Milk	Grits w/Cheese Quesadilla OR Cheese Toast Fruit Assorted Juice Milk	Oatmeal w/Yogurt Or Cereal w/Yogurt Fruit Assorted Juice Milk	Biscuit w/Sausage & Egg Square Fruit Assorted Juice Milk	Breakfast Bagel OR Cereal w/Cheese String Fruit Assorted Juice Milk
WEEK OF 12 TH -16 TH Cycle 3	Mini Waffles or Pancakes w/Sausage Fruit Assorted Juice Milk **HOLIDAY**	Ham & Cheese Croissant Fruit Assorted Juice Milk	Cinni-Minis w/Yogurt or Shiver Shock Smoothie w/Cereal Bar Fruit Assorted Juice Milk	Biscuit w/Chicken Patty Fruit Assorted Juice Milk	Pop Tart & Yogurt OR Cereal & Yogurt Fruit Assorted Juice Milk
WEEK OF 19 th - 23 rd Cycle 4 **HOLIDAY WEEK**	Breakfast Sandwich or Cereal w/yogurt Fruit Assorted Juice Milk	Breakfast Wrap OR WG Bagel w/Cream Cheese Fruit Assorted Juice Milk	Assorted Muffins OR Doughnuts Cheese String or Cereal w/Yogurt Fruit Assorted Juice Milk	Grits w/Sausage & Biscuit Fruit Assorted Juice Milk	Mini Pancake Coated Sausage Bites (#16126) Berry Fruit Salad Yogurt Assorted Juice Milk
WEEK OF 26 th -30 th Cycle 5	Breakfast Pizza OR Cereal w/Yogurt Fruit Assorted Juice Milk	Cheese Toast w/Sausage Patty Fruit Assorted Juice Milk	Biscuit w/Chicken Patty Fruit Assorted Juice Milk	Breakfast Bagel or Cereal w/Cheese String Fruit Assorted Juice Milk	Breakfast Sandwich 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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