


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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/Colby Cheese Omelet Fruit Assorted Juice Milk	Breakfast Bagel OR Cereal w/Cheese String Fruit Assorted Juice Milk
WEEK OF 8 <sup>th</sup> -12 <sup>th</sup> Cycle 3	Mini Waffles or Pancakes w/Sausage 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	Biscuit w/Chicken Patty Fruit Assorted Juice Milk	Pop Tart & Yogurt OR Cereal & Yogurt Fruit Assorted Juice Milk
WEEK OF 15 <sup>th</sup> -19 <sup>th</sup> Cycle 4	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 22 <sup>nd</sup> -26 <sup>th</sup> Cycle 5	Breakfast Pizza OR Cereal w/Yogurt Fruit Assorted Juice Milk	Cinnamon Roll 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
WEEK OF 29 <sup>th</sup> -31 <sup>st</sup> Cycle 1	Cinnamon Roll w/Sausage Patty Fruit Assorted Juice Milk	Ham & Cheese on Croissant Fruit Assorted Juice Milk	Cereal Bar w/Cheese String OR Cereal w/Yogurt Fruit Assorted Juice Milk		

## OCTOBER

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: Apart from providing energy, BREAKFAST foods are good sources of important nutrients such as calcium, iron and B vitamins as well as protein and fibre.

The body needs these essential nutrients and research shows that if they are missed at BREAKFAST, they are less likely to be compensated for later in the day.

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