

October, 2018

Choice of 8 oz. Milk or Lactose-Free Milk Each Day.
1/2 cup of Fruit Juice Each Day
1/2 cup Fresh Cut Fruit Each Day
Or

SC Middle School
 AS 9th Grade Academy
 AS High School
Breakfast

Mon	Tue	Wed	Thu	Fri
1 <i>Powdered Doughnuts Cheese Stick Or Cereal and Poptart</i>	2 <i>Ham, Egg, and Cheese Croissant Or Cereal and Poptart</i>	3 <i>Breakfast Pizza Or Cereal and Poptart</i>	4 <i>Bacon, Cheese Biscuit Or Cereal and Poptart</i>	5 <i>Muffin Sausage Link Or Cereal or Poptart</i>
8 <i>Funnel Cake With Sausage Link Or Cereal and Poptart</i>	9 <i>Pancake Pup Or Cereal and Poptart</i>	10 <i>Sausage Biscuit With Jelly Or Cereal and Poptart</i>	11 <i>Funnel Cake With Sausage Link Or Cereal and Poptart</i>	12 <i>FALL BREAK</i>
15 <i>Chicken Biscuit Or Cereal and Poptart</i>	16 <i>Breakfast Burrito Or Cereal and Poptart</i>	17 <i>Fruit-a-licious Breakfast Cup Or Cereal and Poptart</i>	18 <i>Breakfast Bun Cheese Stick Or Cereal and Poptart</i>	19 <i>Steak Biscuit Or Cereal and Poptart</i>
22 <i>Cereal Bar Or Yogurt and Poptart</i>	23 <i>Powdered Doughnuts Cheese Stick Or Cereal and Poptart</i>	24 <i>Pancake Pup Or Yogurt and Poptart</i>	25 <i>Sausage Biscuit With Jelly Or Cereal and Poptart</i>	26 <i>Powdered Doughnut Cheese Stick Or Cereal and Poptart</i>
29 <i>Powdered Doughnuts Cheese Stick Or Cereal and Poptart</i>	30 <i>Chicken Strip Biscuit Or Cereal and Poptart</i>	31 <i>Pancake Pup Or Cereal and Poptart</i>		