

Breakfast Menu

October 2021



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pan Dulce Whole Fruit Whole Fruit -Nectarine 1% White Milk Fat Free White Milk
4 Whole Grain Bagel w/ Cream Cheese Whole Fruit Fruit -Orange 1% White Milk Fat Free White Milk	5 Mini Blueberry Pancakes Fruit - Orange Whole Fruit -Nectarine 1% White Milk Fat Free White Milk	6 Frosted Flakes w/ Strawberry Grahams Fruit - Pear Whole Fruit 1% White Milk Fat Free White Milk	7 Breakfast Cheese Tamale Fruit - Pear 100% Fruit Juice 1% White Milk Fat Free White Milk	8 PROFESSIONAL DEVELOPMENT NO SCHOOL
11 Chocolate Chip Muffin Flat Whole Fruit Fruit -Orange 1% White Milk Fat Free White Milk	12 Apple Jacks w/ Cinnamon Grahams Fruit -Orange Whole Fruit -Nectarine 1% White Milk Fat Free White Milk	13 Mango Bar Apple Sauce Whole Fruit 1% White Milk Fat Free White Milk	14 Egg & Cheese Sandwich Whole Fruit 100% Fruit Juice 1% White Milk Fat Free White Milk	15 Mini Soybutter & Jelly Sandwich Craisins Whole Fruit 1% White Milk Fat Free White Milk
18 Coffee Cake Whole Fruit Fruit -Orange 1% White Milk Fat Free White Milk	19 Mini Banana Pancakes Fruit -Orange Whole Fruit Nectarine 1% White Milk Fat Free White Milk	20 Fruit Yogurt Parfait Granola Fruit -Pear 1% White Milk Fat Free White Milk	21 Chicken & Waffle w/ Syrup Whole Fruit 100% Fruit Juice 1% White Milk Fat Free White Milk	22 Strawberry Muffin Craisins Whole Fruit 1% White Milk Fat Free White Milk
25 Cinnamon Delight Whole Fruit Fruit -Orange 1% White Milk Fat Free White Milk	26 Mini Maple Pancakes Fruit -Orange Whole Fruit (Nectarine) 1% White Milk Fat Free White Milk	27 Cranberry Oatmeal Round Apple Sauce Whole Fruit 1% White Milk Fat Free White Milk	28 Chicken Sausage & Pancake w/ Syrup Whole Fruit 100% Fruit Juice 1% White Milk Fat Free White Milk	29 Pan Dulce Craisins Whole Fruit 1% White Milk Fat Free White Milk

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk.

This institution is an equal opportunity provider.

