

Breakfast Menu

october 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 Whole Grain Bagel w/ Cream Cheese(250) Whole Fruit (150) Orange(150) 1% White Milk(175) Fat Free White Milk(63)	5 Mini Blueberry Pancakes(250) Orange(150) Whole Fruit (Nectarine)(100) 1% White Milk(175) Fat Free White Milk(63)	6 Frosted Flakes w/ Strawberry Grahams(250) Pear(150) Whole Fruit 2(150) 1% White Milk(175) Fat Free White Milk(63)	7 Breakfast Cheese Tamale(250) Whole Fruit (150) 100% Fruit Juice (200) 1% White Milk(175) Fat Free White Milk(63)	8 Pineapple Empanada(250) Craisins(13) Whole Fruit 2(150) 1% White Milk(175) Fat Free White Milk(63)
11 Chocolate Chip Muffin Flat (250) Whole Fruit (150) Orange(150) 1% White Milk(175) Fat Free White Milk(63)	12 Bean & Cheese Burrito(250) Orange(150) Whole Fruit (Nectarine)(100) 1% White Milk(175) Fat Free White Milk(63)	13 Mango Bar(250) Apple Sauce(150) Whole Fruit 2(150) 1% White Milk(175) Fat Free White Milk(63)	14 Egg & Cheese Sandwich (250) Whole Fruit (150) 100% Fruit Juice (200) 1% White Milk(175) Fat Free White Milk(63)	15 Mini Soybutter & Jelly Sandwich(250) Craisins(13) Whole Fruit 2(150) 1% White Milk(175) Fat Free White Milk(63)
18	19	20	21	22

Coffee Cake(250)
Whole Fruit (150)
Orange(150)
1% White Milk(175)
Fat Free White Milk(63)

Mini Banana Pancakes
(250)
Orange(150)
Whole Fruit
(Nectarine)(100)
1% White Milk(175)
Fat Free White Milk(63)

Fruit Yogurt Parfait
Granola(250)
Pear(150)
1% White Milk(175)
Fat Free White Milk(63)

Chicken & Waffle w/
Syrup(250)
Whole Fruit (150)
100% Fruit Juice (200)
1% White Milk(175)
Fat Free White Milk(63)

Apple Jacks w/
Granola(250)

25

26

27

28

29

Cereal w/ Honey
Grahams (250)

Mini Maple
Pancakes(250)
Orange(150)
Whole Fruit
(Nectarine)(100)
1% White Milk(175)
Fat Free White Milk(63)

Cranberry Oatmeal
Round(250)
Apple Sauce(150)
Whole Fruit 2(150)
1% White Milk(175)
Fat Free White Milk(63)

Chicken Sausage &
Pancake w/ Syrup(250)
Whole Fruit (150)
100% Fruit Juice (200)
1% White Milk(175)
Fat Free White Milk(63)

Pan Dulce(250)
Craisins(13)
Whole Fruit 2(150)
1% White Milk(175)
Fat Free White Milk(63)

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.



Saturday

Sunday

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