

October 2023 BREAKFAST						
September						r ►
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Pancake with Syrup Sausage Links Pineapple Fruit Juice Choice Milk Choice	3 Omelet with Salsa Hashbrown Applesauce Fruit Juice Choice Milk Choice	4 Biscuit & Gravy Pineapple Chunks Fruit Juice Choice Milk Choice	5 Breakfast Pizza Peaches mixed fruit Fruit Juice Choice Milk Choice	6 NO SCHOOL	7
8	9 Native American Day	10 French Toast Sticks with Syrup Peaches Fruit Juice Choice Milk Choice	11 Biscuit Breakfast Sandwich Pears Fruit Juice Choice Milk Choice	12 Excellent Egg Taco with Tomato Salsa Graham Snacks Fresh Kiwi Fruit Juice Choice Milk Choice	13 Fruit Breakfast Pizza Yogurt Mandarin Oranges Fruit Juice Choice Milk Choice	14
15	16 Pancake with Syrup Sausage Links Pineapple Fruit Juice Choice Milk Choice	17 Omelet with Salsa Hashbrown Applesauce Fruit Juice Choice Milk Choice	18 Biscuit & Gravy Pineapple Chunks Fruit Juice Choice Milk Choice	19 Breakfast Pizza Peaches mixed fruit Fruit Juice Choice Milk Choice	20 Whole Grain Muffin Applesauce Fruit Juice Milk Choice yogurt	21
22	23 Pancake on a Stick Fruit Cocktail Fruit Juice Choice Milk Choice	24 French Toast Sticks with Syrup Peaches Fruit Juice Choice Milk Choice	25 Biscuit Breakfast Sandwich Pears Fruit Juice Choice Milk Choice	26 Excellent Egg Taco with Tomato Salsa Graham Snacks Fresh Kiwi Fruit Juice Choice Milk Choice	27 Whole Grain Cinnamon Roll Mandarin Oranges Fruit Juice Choice Milk Choice Yogurt	28
29	30 Pancake with Syrup Sausage Links Pineapple Fruit Juice Choice Milk Choice	31 Omelet with Salsa Hashbrown Applesauce Fruit Juice Choice Milk Choice	Notes: THE DAILY STUDENT BREAKFAST MEALS ALSO INCLUDE CHILLED 100% FRUIT JUICE OR CANNED FRUIT IN NATURAL JUICE OR A CHOICE OF FRUIT AND A MILK LOW FAT WHITE NON-FAT CHOCOLATE MILK			