



# October 2017

## Middle School Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<b>Special News...</b> <u><b>Pick Two:</b></u> Choice of cereal or oatmeal with sliced toast or string cheese  <b>October Promotions</b> October 9-20: FUEL: Grilled Sandwiches October 9-13: National School Lunch Week October 11: National Sausage Pizza Day October 24: BBQ Bash October 30: National Oatmeal Day October 31: Halloween Treat!  <small>Menus are subject to change without notice.</small>
<b>2</b> Cinnamon French Toast  Cheesy Egg & Sausage Breakfast Burger  Craisins Diced Pears	<b>3</b> Cherry Frudel with String Cheese  <b>Tyson®</b> Country Chicken Biscuit  Cantaloupe Mixed Fruit	<b>4</b> Blueberry Waffles with Strawberry Banana Yogurt  Cheddar Cheese Omelet with Tater Tots & Sliced Toast  Apple Wedges Applesauce	<b>5</b> <b>General Mills®</b> Mini Cinnamon Rolls  Cheesy Egg Biscuit  Raisins Mandarin Oranges	<b>6</b> Chocolate Chip Muffin with String Cheese  Cheesy Sausage & Egg Breakfast Burrito  Banana Diced Peaches	
<b>9</b>  No School Enjoy your Holiday	<b>10</b>  No School Enjoy your Holiday	<b>11</b> Cocoa Sugar Powdered Donut Holes with Strawberry Banana Yogurt  Cheesy Ham, Egg & Potato Taco  Orange Applesauce	<b>12</b> Strawberry Yogurt Parfait with Vanilla Grahams  Biscuit with Sausage Gravy  Grapes Craisins	<b>13</b> Chocolate Chip Muffin with Strawberry Banana Yogurt  Sausage & Egg Breakfast Melt  Banana Diced Peaches	
<b>16</b> Mini Strawberry Cream Cheese Bagels  Cheesy Ham Biscuit  Apple Diced Pears	<b>17</b> Berry French Toast  <b>Foster Farms®</b> Turkey Pancake Wrap  Cantaloupe Mixed Fruit	<b>18</b> Maple Bacon Donut with Strawberry Banana Yogurt  <b>Tony's®</b> Sausage Breakfast Pizza  Pear Applesauce	<b>19</b> Maple Waffles with String Cheese  Cheesy Egg Breakfast Burger  Raisins Orange	<b>20</b> Strawberry Pop Tart with String Cheese  Bacon, Egg & Cheese Breakfast Burrito  Banana Diced Peaches	
<b>23</b> Glazed Cinnamon Roll  Bacon, Egg & Cheese Biscuit  Apple Diced Pears	<b>24</b> Blueberry Muffin with String Cheese  Sausage Kolache  Honeydew Melon Mixed Fruit	<b>25</b> Cinnamon Sugar Donut Holes with Strawberry Banana Yogurt  Scrambled Eggs with Sausage, Hashbrown & Toast Orange Applesauce	<b>26</b> Blueberry Yogurt Parfait with Vanilla Grahams  Sausage & Egg Breakfast Melt  Strawberries Craisins	<b>27</b> Mini Strawberry Cream Cheese Bagels  Cheesy Ham, Egg & Potato Taco  Banana Diced Peaches	
<b>30</b> Maple Waffles with Strawberry Banana Yogurt  Egg, Bacon & Cheddar Flatbread Sandwich  Apple Diced Pears	<b>31</b> Cherry Frudel  <b>Foster Farms®</b> Turkey Pancake Wrap  Cantaloupe Mixed Fruit				

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**Vegetarian Options Indicated In Green**

