



OCTOBER 2018 MIDDLE & HS BREAKFAST



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	WG WAFFLE STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	2	BREAKFAST PIZZA WITH EGG, HAM AND CHEESE FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	3	FRENCH TOAST STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	4	YOGURT, FRUIT & GRANOLA PARFAIT FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	5	<u>NO SCHOOL TODAY!</u> <u>TEACHER INSERVICE DAY!</u> CEREAL & TOAST
8	<u>NO SCHOOL TODAY!</u> <u>COLUMBUS DAY!</u> CEREAL & TOAST	9	BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	10	BREAKFAST PIZZA WITH BACON, EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	11	CHEESE OMELETTE WITH SAUSAGE & TOAST FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	12	BREAKFAST SANDWICH W/HAM, EGG & CHEESE FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST
15	WG WAFFLE STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	16	BREAKFAST BURRITO WITH EGG, HAM AND CHEESE FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	16	BREAKFAST PIZZA WITH SAUSAGE TOPPING FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	18	STUFFED FRENCH TOAST CASSEROLE W/SYRUP FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	19	WHOLE GRAIN PUMPKIN MUFFINS FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST
22	FRENCH TOAST STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	23	CHEESE OMELETTE WITH SAUSAGE & TOAST FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	24	BREAKFAST PIZZA WITH BACON, EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	25	BREAKFAST SANDWICH WITH HAM EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	26	WG CINNAMON ROLL WITH ICING FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST
29	WG BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	30	SCRAMBLED EGGS, SAUSAGE AND TOAST FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	31	BREAKFAST PIZZA WITH SAUSAGE TOPPING FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST			<u>YOGURT/FRUIT SMOOTHIES</u> <u>YOGURT/FRUIT PARFAITS</u> <u>GRAB'N GO</u> <u>OFFERED DAILY!</u> CEREAL & TOAST	

QUESTIONS, COMMENTS OR CONCERNS, PLEASE CONTACT BARBARA BONNELL, NUTRITION DIRECTOR-465-7384 or bbonnell@rsu18.org

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