





OCTOBER 2020 ELEMENTARY BREAKFAST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 YOGURT, FRUIT & GRANOLA PARFAIT FRUIT, JUICE AND MILK CHOICES	2 BREAKFAST SANDWICH W/HAM, EGG & CHEESE FRUIT, JUICE AND MILK CHOICES
CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST
5 WG WAFFLE STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES	6 BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES	7 BREAKFAST PIZZA WITH BACON, EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES	8 CHEESE OMELETTE WITH SAUSAGE & TOAST FRUIT, JUICE AND MILK CHOICES	9 <u>NO SCHOOL TODAY!</u>
CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST
12 <u>NO SCHOOL TODAY!</u> <u>HOLIDAY!</u>	13 FRENCH TOAST STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES	14 BREAKFAST PIZZA WITH SAUSAGE TOPPING FRUIT, JUICE AND MILK CHOICES	15 YOGURT, FRUIT & GRANOLA PARFAIT FRUIT, JUICE AND MILK CHOICES	16 WHOLE GRAIN PUMPKIN MUFFINS FRUIT, JUICE AND MILK CHOICES
CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST
19 FRENCH TOAST STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES	20 CHEESE OMELETTE WITH SAUSAGE & TOAST FRUIT, JUICE AND MILK CHOICES	21 BREAKFAST PIZZA WITH BACON, EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES	22 BREAKFAST SANDWICH WITH HAM EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES	23 WG CINNAMON ROLL WITH ICING FRUIT, JUICE AND MILK CHOICES
CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST
26 WG BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES	27 SCRAMBLED EGGS, SAUSAGE AND TOAST FRUIT, JUICE AND MILK CHOICES	28 BREAKFAST PIZZA WITH SAUSAGE TOPPING FRUIT, JUICE AND MILK CHOICES	29 FRESH HOT BLUEBERRY MUFFINS FRUIT, JUICE AND MILK CHOICES	30 WG WAFFLE STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES
CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST

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

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