



OCTOBER 2020 MID-HS BREAKFAST



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

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

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