



OCTOBER 2021 MID-HIGH SCHOOL BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
			1 <u>FRUIT-YOGURT-GRANOLA PARFAIT</u> <u>YOGURT -FRUIT SMOOTHIES</u> <u>GRAB-N-GO BREAKFAST</u> <u>OFFERED DAILY!</u>	1 WG BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES
CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST
4 FRENCH TOAST STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES	5 BREAKFAST PIZZA WITH SAUSAGE TOPPING FRUIT, JUICE AND MILK CHOICES	6 SAUSAGE , EGG AND CHEESE BREAKFAST CROISSANT FRUIT, JUICE AND MILK CHOICES	7 CHOCOLATE CHIP PANCAKES WITH SYRUP FRUIT, JUICE AND MILK CHOICES	8 <u>NO SCHOOL TODAY!</u> 
CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST
11 <u>NO SCHOOL TODAY!</u> <u>COLUMBUS DAY!</u>	12 CHEESE OMELETTE WITH SAUSAGE & TOAST FRUIT, JUICE AND MILK CHOICES	13 PUMPKIN CHOC CHIP MUFFIN FRUIT, JUICE AND MILK CHOICES	14 BREAKFAST SANDWICH WITH HAM EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES	15 WG BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES
CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST
18 TOASTED ENGLISH MUFFIN WITH JELLY FRUIT, JUICE AND MILK CHOICES	19 WG BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES	20 BREAKFAST PIZZA WITH SAUSAGE TOPPING FRUIT, JUICE AND MILK CHOICES	21 BREAKFAST BOWLS WITH EGG, CHEESE & BACON FRUIT, JUICE AND MILK CHOICES	22 WHOLE GRAIN DONUT HOLES WITH ICING FRUIT, JUICE AND MILK CHOICES
CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST
25 FRENCH TOAST STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES	26 HAM, EGG AND CHEESE BREAKFAST CROISSANT FRUIT, JUICE AND MILK CHOICES	27 WG BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES	28 FRESH BAKED MUFFIN FRUIT, JUICE AND MILK CHOICES	29 CINNAMON TOAST 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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER!