



OCTOBER 2022 MID-HS BREAKFAST



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

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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER!