OCTOBER 2023 MID-HS BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 FRENCH TOAST STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES	**3** BREAKFAST PIZZA WITH SAUSAGE TOPPING FRUIT, JUICE AND MILK CHOICES	**4** SAUSAGE , EGG AND CHEESE BREAKFAST CROISSANT FRUIT, JUICE AND MILK CHOICES	**5** CHOC. CHIP SHEET-PAN PANCAKES WITH SYRUP FRUIT, JUICE AND MILK CHOICES	**6** *NO SCHOOL TODAY! TEACHER COMP DAY*
CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	
9 *NO SCHOOL TODAY! HOLIDAY*	**10** CHEESE OMELETTE WITH SAUSAGE & TOAST FRUIT, JUICE AND MILK CHOICES	**11** PUMPKIN CHOC CHIP MUFFIN FRUIT, JUICE AND MILK CHOICES	**12** BREAKFAST SANDWICH WITH HAM EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES	**13** FRESH BAKED MUFFIN CREAM CHEESE FRUIT, JUICE AND MILK CHOICES
CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST
16 WAFFLES & SYRUP FRUIT, JUICE AND MILK CHOICES	**17** BREAKFAST SANDWICH WITH HAM, EGG & CHEESE FRUIT, JUICE AND MILK CHOICES	**18** BREAKFAST PIZZA WITH SAUSAGE TOPPING FRUIT, JUICE AND MILK CHOICES	**19** BREAKFAST BOWLS WITH EGG, CHEESE & SAUSAGE FRUIT, JUICE AND MILK CHOICES	**20** WHOLE GRAIN DONUT HOLES WITH ICING FRUIT, JUICE AND MILK CHOICES
CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST
23 FRENCH TOAST STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES	**24** BREAKFAST PIZZA FRUIT, JUICE AND MILK CHOICES	**25** WG BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES	**26** CINNAMON ROLL W/ICING FRUIT, JUICE AND MILK CHOICES	**27** HAM, EGG AND CHEESE BREAKFAST CROISSANT FRUIT, JUICE AND MILK CHOICES
CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST
30 WG BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES	**31** WG BLUEBERRY MUFFINS FRUIT, JUICE AND MILK CHOICES			*YOGURT SMOOTHIES YOGURT PARFAITS GRAB N GO OFFERED DAILY!*
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!