

# OCTOBER

**ELEMENTARY BREAKFAST**  
With Carb Counts

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> SCRAMBLED EGGS 0 W/ TOAST 15 OR BREAKFAST BAR	<b>4</b> CHICKEN BISCUIT 35 OR BREAKFAST BAR	<b>5</b> SAUSGAE DOG ON-A-STICK 20 OR BREAKFAST BAR	<b>6</b> CHEESE TOAST 16 OR BREAKFAST BAR	<b>7</b> BISCUIT 22 AND GRAVY 9 OR BREAKFAST BAR
<b>10</b> SAUSAGE BISCUIT 22 OR BREAKFAST BAR	<b>11</b> PANCAKES 26 W/SYRUP 20 OR BREAKFAST BAR	<b>12</b>  <b>WORKDAY</b>	<b>13</b> FRENCH TOAST STICKS 20 W/SYRUP 20 OR BREAKFAST BAR	<b>14</b> BISCUIT 22 AND GRAVY 9 OR BREAKFAST BAR
<b>17</b> SCRAMBLED EGGS 0 W/ TOAST 15 OR BREAKFAST BAR	<b>18</b> CHICKEN BISCUIT 35 OR BREAKFAST BAR	<b>19</b> SAUSGAE DOG ON-A-STICK 20 OR BREAKFAST BAR	<b>20</b> CHEESE TOAST 16 OR BREAKFAST BAR	<b>21</b> BISCUIT 22 AND GRAVY 9 OR BREAKFAST BAR
<b>24</b> SAUSAGE BISCUIT 22 OR BREAKFAST BAR	<b>25</b> PANCAKES 26 W/SYRUP 20 OR BREAKFAST BAR	<b>26</b> HAM AND CHEESE BISCUIT 24 OR BREAKFAST BAR	<b>27</b> CINNI-MINIS 40 OR BREAKFAST BAR	<b>28</b> BISCUIT 22 AND GRAVY 9 OR BREAKFAST BAR
<b>31</b> SCRAMBLED EGGS 0 W/ TOAST 15 OR BREAKFAST BAR				

Subject to change.

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER."