

October 2017 Elementary School Breakfast

Breakfast Meal Pattern

Choice of Grain/Meat, Fruit, Milk

Offered Daily

Milk : 1%-14 or Fat Free Chocolate-20

Juice-14

Applesauce-14 & Pineapple Cup-14

Cereal Choices:
Frosted Flakes-24,
Golden Grahams-24,
Cheerios-20,
Cinnamon Toast Crunch-22,
Cocoa Puffs-25,



five two one almost none

This institution is an equal opportunity provider.
Menu subject to change.

Monday, October 2	Tuesday, October 3	Wednesday, October 4	Thursday, October 5	Friday, October 6
Chicken Biscuit-29 Gravy-10 *Appleway Bar- 46 *Strawberry Poptart-37 Fresh Apple-19	Sausage Biscuit-22 Gravy-10 *French Toast Sticks-29 w/ Syrup-15 Vanilla Yogurt-16 w/ *Graham Crackers-17	Chicken Biscuit-29 Gravy-10 *Cinni Minis- 40 *Blueberry Bread- 44	Sausage Biscuit- 22 Gravy-10 *Cinnamon Poptart- 37 *Breakfast Pizza- 24 Fresh Apple-19	Biscuit-22 Gravy-10 *Funnel Waffle-35
Monday, October 9	Tuesday, October 10	Wednesday, October 11	Thursday, October 12	Friday, October 13
Sausage Biscuit-22 Gravy-10 *Banana Bread- 44 *Mini French Toast- 37 w/ Syrup-15	Chicken Biscuit- 29 Gravy-10 *Cinnamon Roll- 39 Strawberry Yogurt-16 w/ *Graham Crackers- 17	Sausage Biscuit- 22 Gravy-10 *Mini Pancakes- 40 w/ Syrup-15 *Breakfast Pizza- 24 Fresh Banana- 26	Chicken Biscuit-29 Gravy-10 *Strawberry Poptart-37 *Fruit Filled Fruddle-36	WORKDAY
Monday, October 16	Tuesday, October 17	Wednesday, October 18	Thursday, October 19	Friday, October 20
WORKDAY	WORKDAY	Chicken Biscuit-29 Gravy-10 *Cinni Minis- 40 *Blueberry Bread- 44	Sausage Biscuit- 22 Gravy-10 *Cinnamon Poptart- 37 *Breakfast Pizza- 24 Fresh Apple-19	Biscuit-22 Gravy-10 *Funnel Waffle-35
Monday, October 23	Tuesday, October 24	Wednesday, October 25	Thursday, October 26	Friday, October 27
Sausage Biscuit-22 Gravy-10 *Banana Bread- 44 *Mini French Toast- 37 w/ Syrup-15	Chicken Biscuit- 29 Gravy-10 *Cinnamon Roll- 39 Strawberry Yogurt-16 w/ *Graham Crackers- 17	Sausage Biscuit- 22 Gravy-10 *Mini Pancakes- 40 w/ Syrup-15 *Breakfast Pizza- 24 Fresh Banana- 26	Chicken Biscuit-29 Gravy-10 *Strawberry Poptart-37 *Fruit Filled Fruddle-36	Biscuit-22 Gravy-10 *Super Donut- 40
Monday, October 30	Tuesday, October 31			
Chicken Biscuit-29 Gravy-10 *Appleway Bar- 46 *Strawberry Poptart-37 Fresh Apple-19	Sausage Biscuit-22 Gravy-10 *French Toast Sticks-29 w/ Syrup-15 Vanilla Yogurt-16 w/ *Graham Crackers-17			

*Notes items that are whole grain or contain whole grain.
Numbers listed to the right of each item are total carbohydrates in grams.