

October 2017 High School Breakfast

Offered Daily

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

Juice-14

Applesauce-14 &
Craisins-28

Yogurt-16 with
Graham Crackers-17

Biscuits: Chicken-29,
Sausage-22, Plain-22
with Gravy-10

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



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
*Cinni Minis- 40 *Breakfast Pizza-24 Pineapple Cup- 14	Steak Biscuit-31 *Flavored Poptarts- 75 Fresh Banana- 26	*Funnel Waffle- 35 *Breakfast Pizza-24 Fresh Apple- 19	Bacon, Egg ,Cheese Biscuit-22 *Flavored Poptarts-75 Fresh Banana- 26	*Mini Pancakes- 40 w/ Syrup-15 *Breakfast Pizza- 24 Fresh Apple-19
Monday, October 9	Tuesday, October 10	Wednesday, October 11	Thursday, October 12	Friday, October 13
*Mini Waffles- 36 w/ Syrup-15 *Flavored Poptarts- 75 Pineapple Cup-14	*Mini French Toast- 37 w/ Syrup- 15 *Breakfast Pizza- 24 Fresh Banana-26	*Blueberry Bread- 44 *Flavored Poptarts-75 Fresh Apple- 19	*Fruit Filled Fruddle- 3 *Breakfast Pizza- 24 Fresh Banana-26	WORKDAY
Monday, October 16	Tuesday, October 17	Wednesday, October 18	Thursday, October 19	Friday, October 20
WORKDAY	WORKDAY	*Funnel Waffle- 35 *Breakfast Pizza-24 Fresh Apple- 19	Bacon, Egg ,Cheese Biscuit-22 *Flavored Poptarts-75 Fresh Banana- 26	*Mini Pancakes- 40 w/ Syrup-15 *Breakfast Pizza- 24 Fresh Apple-19
Monday, October 23	Tuesday, October 24	Wednesday, October 25	Thursday, October 26	Friday, October 27
*Mini Waffles-36 w/ Syrup-15 *Flavored Poptarts- 75 Pineapple Cup-14	*Mini French Toast- 37 w/ Syrup- 15 *Breakfast Pizza- 24 Fresh Banana-26	*Blueberry Bread- 44 *Flavored Poptarts-75 Fresh Apple- 19	*Fruit Filled Fruddle- 3 *Breakfast Pizza- 24 Fresh Banana-26	*Super Donut- 40 *Flavored Poptarts- 75 Fresh Apple- 19
Monday, October 30	Tuesday, October 31			
*Cinni Minis- 40 *Breakfast Pizza-24 Pineapple Cup- 14	Steak Biscuit-31 *Flavored Poptarts- 75 Fresh Banana- 26			

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