

# October 2021 High School & Middle Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b><u>Low Fat Chocolate &amp; 1% White Milk is Available With Every Meal</u></b>		<b>Students MUST Select at Least 3 Items for Breakfast. One of The 3 Items MUST Be a Fruit. All Breakfast Entrees Count as Two items.</b>	<u>1</u> Bagel w/ Cream Cheese OR Cereal w/ Toast Orange Juice
<u>4</u> Apple Strudel OR Breakfast Cereal Bar w/ Toast Fresh Apple	<u>5</u> Strawberry Mini-Bagels OR Lucky Charms Cereal w/ Toast	<u>6</u> Breakfast on a Stick OR Cereal Bar/ String Cheese Chilled Sliced Pears	<u>7</u> Breakfast Pizza OR Baked Cinni Minis Fresh Orange Slices	<u>8</u> Turkey Sausage, Egg and Cheese Muffin OR UBR Breakfast Cookie Orange Juice
<u>11</u> Fall Break October 11 <sup>th</sup> – 15 <sup>th</sup> Returning on October 18 <sup>th</sup>	<u>12</u> 	<u>13</u> 	<u>14</u> 	<u>15</u> 
<u>18</u> Egg O' Muffin OR Breakfast Cereal Bowl w/ String Cheese Apple Juice	<u>19</u> Bagels w/ Cream Cheese OR Apple Strudel Chilled Fruit	<u>20</u> Pancakes w/ Sausage OR Ultimate Breakfast Bar Fresh Apples	<u>21</u> Egg, Cheese Muffin Sandwich OR Cereal w/ Toast Chilled Pears	<u>22</u> W/G Breakfast Pizza OR Baked Cinni Minis Orange Juice
<u>25</u> Waffles and Sausage OR Breakfast Cereal Bar w/ String Cheese Apple Juice	<u>26</u> Breakfast Burritos OR Apple Strudels Apple Juice	<u>27</u> Bagel w/ Cream Cheese OR Cereal w/ Toast Cranberries	<u>28</u> Strawberry Minni Bagels OR Cinni Minni	<u>29</u> Egg & Cheese Sandwich OR UBR Breakfast Bar Orange Juice