

OCTOBER 2017

HOT BREAKFAST MENU K-8



Where the future is present.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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| <p>2</p> <p>Whole Grain Mini-Waffles with Syrup Fruit Choice Milk Choice</p> | <p>3</p> <p>Tac-go Egg, Cheese, and Turkey Sausage Whole Grain Tortilla Fruit Choice Milk Choice</p> | <p>4</p> <p>Stuffed Whole Grain Sandwich with Turkey Ham, Egg, and Cheese Fruit Choice Milk Choice</p> | <p>5</p> <p>Whole Grain Glazed Cinnamon French Toast with Syrup Fruit Choice Milk Choice</p> | <p>6</p> <p>Warm Cheese Grits Fruit Choice Milk Choice</p> |
| <p>9</p> <p>Whole Grain Chicken and Sausage Biscuit Fruit Choice Milk Choice</p> | <p>10</p> <p>Egg Omelet with Cheese Hash browns Fruit Choice Milk Choice</p> | <p>11</p> <p>Whole Grain Egg and Cheese Breakfast Sandwich Fruit Choice Milk Choice</p> | <p>12</p> <p>Mini Whole Grain Maple Pancakes, with Syrup Fruit Choice Milk Choice</p> | <p>13</p> <p>Warm Sweet Brown Sugar Grits Fruit Choice Milk Choice</p> |
| <p>16</p> <p>Whole Grain Glazed Cinnamon French Toast Fruit Choice Milk Choice</p> | <p>17</p> <p>Chicken Sausage on a Whole Grain Biscuit Fruit Choice Milk Choice</p> | <p>18</p> <p>Stuffed Whole Grain Sandwich with Turkey Bacon, Egg, and Cheese Fruit Choice Milk Choice</p> | <p>19</p> <p>Whole Grain Mini-Waffles with Syrup Fruit Choice Milk Choice</p> | <p>20</p> <p>Warm Oatmeal Fruit Choice Milk Choice</p> |

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| <p style="text-align: center;">23</p> <p style="text-align: center;">Mini Whole Grain Maple Pancakes, with Syrup</p> <p style="text-align: center;">Fruit Choice Milk Choice</p> | <p style="text-align: center;">24</p> <p style="text-align: center;">Omelet with Cheese Whole Grain Banana Bread Slice</p> <p style="text-align: center;">Fruit Choice Milk Choice</p> | <p style="text-align: center;">25</p> <p style="text-align: center;">Egg and American Cheese on a Whole Grain Bun</p> <p style="text-align: center;">Fruit Choice Milk Choice</p> | <p style="text-align: center;">26</p> <p style="text-align: center;">Mini Whole Grain Blueberry Pancakes with Syrup</p> <p style="text-align: center;">Fruit Choice Milk Choice</p> | <p style="text-align: center;">27</p> <p style="text-align: center;">Warm Cheese Grits Fruit Choice Milk Choice</p> |
| <p style="text-align: center;">30</p> <p style="text-align: center;">Whole Grain Mini-Waffles with Syrup</p> <p style="text-align: center;">Fruit Choice Milk Choice</p> | <p style="text-align: center;">31</p> <p style="text-align: center;">Tac-go Egg, Cheese, and Turkey Sausage Whole Grain Tortilla</p> <p style="text-align: center;">Fruit Choice Milk Choice</p> | | | |

We serve reduced sugar and whole grains every day!

**Eating a nutritious breakfast helps everyone fuel up
for success in the classroom and beyond!**

Breakfast is offered EVERY morning!

Although we make every effort to
serve menus as planned, this
menu may change without notice.

This Is An Equal Opportunity Institution