

# OCTOBER 2017

## HOT BREAKFAST MENU K-8



Where the future is present.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

<p style="text-align: center;"><b>23</b></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;"><b>24</b></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;"><b>25</b></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;"><b>26</b></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;"><b>27</b></p> <p style="text-align: center;">Warm Cheese Grits</p> <p style="text-align: center;">Fruit Choice Milk Choice</p>
<p style="text-align: center;"><b>30</b></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;"><b>31</b></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  
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serve menus as planned, this  
menu may change without notice.

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# OCTOBER 2017

## HOT BREAKFAST MENU K-8



### ALLERGEN & CARBOHYDRATE INFORMATION

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p style="text-align: right;"><b>2</b></p> <p>Whole Grain Mini-Waffles 38 WSME with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p style="text-align: right;"><b>3</b></p> <p>Tac-go Egg, Cheese, and Turkey Sausage Whole Grain Tortilla 14 WSME Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p style="text-align: right;"><b>4</b></p> <p>Stuffed Whole Grain Sandwich with Turkey Ham, Egg, and Cheese 32 WSME Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p style="text-align: right;"><b>5</b></p> <p>Whole Grain Glazed Cinnamon French Toast 28 WSE with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p style="text-align: right;"><b>6</b></p> <p>Warm Cheese Grits 19 M Fruit Choice 15 Milk Choice 13, 19, 20 M</p>
<p style="text-align: right;"><b>9</b></p> <p>Whole Grain Chicken and Sausage Biscuit 27 WM Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p style="text-align: right;"><b>10</b></p> <p>Egg Omelet with Cheese SME Hash browns 31 S Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p style="text-align: right;"><b>11</b></p> <p>Whole Grain Egg and Cheese Breakfast Sandwich 26 WSEM Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p style="text-align: right;"><b>12</b></p> <p>Mini Whole Grain Maple Pancakes, 40 WSME with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p style="text-align: right;"><b>13</b></p> <p>Warm Sweet Brown Sugar Grits 22M Fruit Choice 15 Milk Choice 13, 19, 20 M</p>
<p style="text-align: right;"><b>16</b></p> <p>Whole Grain Glazed Cinnamon French Toast 28 WSE with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p style="text-align: right;"><b>17</b></p> <p>Chicken Sausage on a Whole Grain Biscuit 27 WM Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p style="text-align: right;"><b>18</b></p> <p>Stuffed Whole Grain Sandwich with Turkey Bacon, Egg, and Cheese 32 WSME Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p style="text-align: right;"><b>19</b></p> <p>Whole Grain Mini-Waffles 38 WSME with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p style="text-align: right;"><b>20</b></p> <p>Warm Oatmeal 20 Fruit Choice 15 Milk Choice 13, 19, 20 M</p>

<p style="text-align: center;"><b>23</b></p> <p>Mini Whole Grain Maple Pancakes 40 WSME with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p style="text-align: center;"><b>24</b></p> <p>Omelet with Cheese SME Whole Grain Banana Bread Slice 44 WSE Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p style="text-align: center;"><b>25</b></p> <p>Egg and American Cheese on a Whole Grain Bun 31 WSME Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p style="text-align: center;"><b>26</b></p> <p>Mini Whole Grain Blueberry Pancakes 31 WSME with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p style="text-align: center;"><b>27</b></p> <p>Warm Cheese Grits 19 M Fruit Choice 15 Milk Choice 13, 19, 20 M</p>
<p style="text-align: center;"><b>30</b></p> <p>Whole Grain Mini-Waffles 38 WSME with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p style="text-align: center;"><b>31</b></p> <p>Tac-go Egg, Cheese, and Turkey Sausage Whole Grain Tortilla 14WSME Fruit Choice 15 Milk Choice 13, 19, 20 M</p>			

**Key: W=Wheat/Gluten, S=Soy, M=Milk/Dairy, E=Egg**

**Grams of Carbohydrate are indicated by the number following the menu item**

We serve reduced sugar and whole grains every day!  
All juices are 100% fruit juice with no added sugar!

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# OCTOBER 2017

## HOT BREAKFAST MENU 6-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Stuffed Whole Grain Sandwich with Turkey Ham, Egg, and Cheese  Fruit Choice  Milk Choice	Whole Grain Waffle with Syrup  Turkey Sausage Links  Fruit Choice  Milk Choice	Omelet with Cheese  Turkey Bacon  Whole Grain Hadley Croissant  Fruit Choice  Milk Choice	Whole Grain Glazed Cinnamon French Toast with Syrup  Fruit Choice  Milk Choice	Scrambled Eggs  Hash Brown Patty  Whole Grain Biscuit  Fruit Choice  Milk Choice
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Whole Grain Chicken and Sausage Biscuit  Fruit Choice  Milk Choice	Whole Grain French Toast Sticks with Syrup  Turkey Bacon Strips  Fruit Choice  Milk Choice	Grilled Egg Patty with Cheese on a Whole Grain Flat Bread OR Cheese Grits  Fruit Choice  Milk Choice	Whole Grain Mini-Waffles with Syrup  Fruit Choice  Milk Choice	Whole Grain Pancakes with Syrup  Scrambled Eggs  Turkey Sausage Links  Fruit Choice  Milk Choice
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Super Bakery Whole Grain Zucchini Slice  Omelet with Cheese  Fruit Choice  Milk Choice	Egg Frittata/Omelet with Cheese, and Turkey Sausage Salsa  Whole Wheat Mini-Flat Bread  Fruit Choice  Milk Choice	Grilled Egg Patty with Cheese and Turkey Bacon on a Whole Grain Hadley Croissant  OR  Warm Oatmeal  Fruit Choice  Milk Choice	Whole Grain Mini Maple Pancakes with Syrup  Fruit Choice  Milk Choice	Scrambled Eggs  Turkey Bacon Strips  Cheese Grits  Fruit Choice  Milk Choice

<p style="text-align: center;"><b>23</b></p> <p>Stuffed Whole Grain Sandwich with Turkey Bacon, Egg, and Cheese Fruit Choice Milk Choice</p>	<p style="text-align: center;"><b>24</b></p> <p>Whole Grain Pancakes with Syrup Fruit Choice Milk Choice</p>	<p style="text-align: center;"><b>25</b></p> <p>Grilled Egg Patty with Cheese and Chicken Sausage on a Whole Grain Biscuit  OR Sweet Grits Fruit Choice Milk Choice</p>	<p style="text-align: center;"><b>26</b></p> <p>Whole Grain Mini Blueberry Pancakes with Syrup Fruit Choice Milk Choice</p>	<p style="text-align: center;"><b>27</b></p> <p>Whole Grain French Toast Sticks with Syrup Scrambled Eggs Turkey Sausage OR Turkey Bacon Fruit Choice Milk Choice</p>
<p style="text-align: center;"><b>30</b></p> <p>Whole Grain Croissant Turkey, Egg &amp; Cheese Stuffed Sandwich Fruit Choice Milk Choice</p>	<p style="text-align: center;"><b>31</b></p> <p>Whole Grain Mini-Waffles Turkey Sausage Links Fruit Choice Milk Choice</p>			

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# OCTOBER 2017

## HOT BREAKFAST MENU 6-12



### ALLERGEN & CARBOHYDRATE INFORMATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;"><b>2</b></p> <p>Stuffed Whole Grain Sandwich with Turkey Ham, Egg, and Cheese 32 WSME</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 19, 20 M</p>	<p style="text-align: right;"><b>3</b></p> <p>Whole Grain Waffle 38 WSME with Syrup 25 Sugar Free Syrup 5</p> <p>Turkey Sausage Links 1</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 19, 20 M</p>	<p style="text-align: right;"><b>4</b></p> <p>Omelet with Cheese SME</p> <p>Turkey Bacon 0</p> <p>Whole Grain Hadley Croissant 26 WSME</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 19, 20 M</p>	<p style="text-align: right;"><b>5</b></p> <p>Whole Grain Glazed Cinnamon French Toast 28 WSE with Syrup 25 Sugar Free Syrup 5</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 19, 20 M</p>	<p style="text-align: right;"><b>6</b></p> <p>Scrambled Eggs 1 ME</p> <p>Hash Brown Patty 31 S</p> <p>Whole Grain Biscuit 28 WM</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 19, 20 M</p>
<p style="text-align: right;"><b>9</b></p> <p>Whole Grain Chicken and Sausage Biscuit 27 WM</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 19, 20 M</p>	<p style="text-align: right;"><b>10</b></p> <p>Whole Grain French Toast Sticks 48 WSME with Syrup 25 Sugar Free Syrup 5</p> <p>Turkey Bacon Strips 0</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 19, 20 M</p>	<p style="text-align: right;"><b>11</b></p> <p>Grilled Egg Patty SME with Cheese on a Whole Grain Flat Bread 13 WSM</p> <p>OR</p> <p>Cheese Grits 19 M</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 19, 20 M</p>	<p style="text-align: right;"><b>12</b></p> <p>Whole Grain Mini-Waffles 38 WSME with Syrup 25 Sugar Free Syrup 5</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 19, 20 M</p>	<p style="text-align: right;"><b>13</b></p> <p>Whole Grain Pancakes 41 WSE with Syrup 25 Sugar Free Syrup 5</p> <p>Scrambled Eggs 1 ME</p> <p>Turkey Sausage Links 1</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 19, 20 M</p>
<p style="text-align: right;"><b>16</b></p> <p>Super Bakery Whole Grain Zucchini Slice 43 WSE</p> <p>Omelet with Cheese SME</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 19, 20 M</p>	<p style="text-align: right;"><b>17</b></p> <p>Egg Frittata/Omelet with Cheese, and Turkey Sausage 1 SME Salsa 2</p> <p>Whole Wheat Mini-Flat Bread 13 WSM</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 19, 20 M</p>	<p style="text-align: right;"><b>18</b></p> <p>Grilled Egg Patty SME with Cheese and Turkey Bacon on a Whole Grain Hadley Croissant 26 WSME OR</p> <p>Warm Oatmeal 15</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 19, 20 M</p>	<p style="text-align: right;"><b>19</b></p> <p>Whole Grain Mini Maple Pancakes 40 WSME with Syrup 25 Sugar Free Syrup 5</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 19, 20 M</p>	<p style="text-align: right;"><b>20</b></p> <p>Scrambled Eggs 1ME</p> <p>Turkey Bacon Strips 0</p> <p>Cheese Grits 19 M</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 19, 20 M</p>

<p style="text-align: center;"><b>23</b></p> <p>Stuffed Whole Grain Sandwich with Turkey Bacon, Egg, and Cheese 32 WSME Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p style="text-align: center;"><b>24</b></p> <p>Whole Grain Pancakes 28 WSME with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p style="text-align: center;"><b>25</b></p> <p>Grilled Egg Patty with Cheese and Chicken Sausage on a Whole Grain Biscuit 32 WSME  OR Sweet Grits 22 M Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p style="text-align: center;"><b>26</b></p> <p>Whole Grain Mini Blueberry Pancakes 31 WSME with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p style="text-align: center;"><b>27</b></p> <p>Whole Grain French Toast Sticks 48 WSME with Syrup 25 Sugar Free Syrup 5 Scrambled Eggs 1 ME Turkey Sausage 1 OR Turkey Bacon 0 Fruit Choice 15 Milk Choice 13, 19, 20 M</p>
<p style="text-align: center;"><b>30</b></p> <p>Whole Grain Croissant Turkey, Egg &amp; Cheese Stuffed Sandwich 32 WSME Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p style="text-align: center;"><b>31</b></p> <p>Whole Grain Mini-Waffles 38 WSME with Syrup 25 Sugar Free Syrup 5 Turkey Sausage Links 1 Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p><b>Key: W-Wheat/Gluten, S=Soy, M=Milk/Dairy, E=Egg</b></p> <p><b>Grams of Carbohydrate are indicated by the number following the menu item</b></p>		

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## BREAKFAST KIT MENU

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<p style="text-align: right;"><b>2</b></p> <p>Whole Grain Smart Choice Banana Muffin</p> <p>Giant Cinnamon Goldfish Grahams</p> <p>Unsweetened Applesauce</p> <p>Raisins</p> <p>Milk Choice</p>	<p style="text-align: right;"><b>3</b></p> <p>Whole Grain Cinnamon Toast Crunch</p> <p>Whole Grain Cinnamon Grahams</p> <p>100% Apple juice</p> <p>Raisins</p> <p>Milk Choice</p>	<p style="text-align: right;"><b>4</b></p> <p>Team Cheerios Cereal Bar</p> <p>Whole Grain Cinnamon Grahams</p> <p>100% Orange Tangerine Juice</p> <p>Raisins</p> <p>Milk Choice</p>	<p style="text-align: right;"><b>5</b></p> <p>Whole Grain Rice Chex</p> <p>Honey Sunflower Seeds</p> <p>100% Tangerine Juice</p> <p>Raisins</p> <p>Milk Choice</p>	<p style="text-align: right;"><b>6</b></p> <p>Reduced Sugar Cinnamon Toast Crunch Bar</p> <p>Whole Grain Animal Crackers</p> <p>Fruit Juice 100%</p> <p>Raisins</p> <p>Milk Choice</p>
<p style="text-align: right;"><b>9</b></p> <p>Whole Grain Apple Muffin Top</p> <p>Cinnamon Grahams</p> <p>Unsweetened Applesauce</p> <p>Raisins</p> <p>Milk Choice</p>	<p style="text-align: right;"><b>10</b></p> <p>Multigrain Cheerios</p> <p>Pepperidge Cheddar Goldfish</p> <p>100% Fruit Juice</p> <p>Raisins</p> <p>Milk Choice</p>	<p style="text-align: right;"><b>11</b></p> <p>Whole Grain Cinnamon Toast Crunch</p> <p>Whole Grain Cinnamon Grahams</p> <p>100% Apple juice</p> <p>Raisins</p> <p>Milk Choice</p>	<p style="text-align: right;"><b>12</b></p> <p>Team Cheerios Cereal Bar</p> <p>Whole Grain Cinnamon Grahams</p> <p>100% Orange Tangerine Juice</p> <p>Raisins</p> <p>Milk Choice</p>	<p style="text-align: right;"><b>13</b></p> <p>Golden Grahams Cereal Bar</p> <p>Honey Sunflower Seeds</p> <p>100% Apple Juice</p> <p>Raisins</p> <p>Milk Choice</p>
<p style="text-align: right;"><b>16</b></p> <p>Whole Grain Cinnamon Toast Crunch</p> <p>Whole Grain Cinnamon Grahams</p> <p>100% Apple juice</p> <p>Raisins</p> <p>Milk Choice</p>	<p style="text-align: right;"><b>17</b></p> <p>Rice Chex</p> <p>Honey Sunflower Seeds</p> <p>100% Tangerine Juice</p> <p>Raisins</p> <p>Milk Choice</p>	<p style="text-align: right;"><b>18</b></p> <p>Golden Grahams Cereal Bar</p> <p>Honey Sunflower Seeds</p> <p>100% Apple Juice</p> <p>Raisins</p> <p>Milk Choice</p>	<p style="text-align: right;"><b>19</b></p> <p>Nutrigrain Cereal Bar</p> <p>Strawberry Scooby Doo</p> <p>Whole Grain Grahams Sticks</p> <p>Sliced Apples</p> <p>100% Fruit Juice</p> <p>Raisins</p> <p>Milk Choice</p>	<p style="text-align: right;"><b>20</b></p> <p>Team Cheerios Cereal Bar</p> <p>Whole Grain Cinnamon Grahams</p> <p>100% Orange Tangerine Juice</p> <p>Raisins</p> <p>Milk Choice</p>

<p style="text-align: center;"><b>23</b></p> <p>Whole Grain Smart Choice Banana Muffin</p> <p>Whole Grain Giant Cinnamon Goldfish Grahams</p> <p>Unsweetened Applesauce</p> <p>Raisins</p> <p>Milk Choice</p>	<p style="text-align: center;"><b>24</b></p> <p>Whole Grain Cinnamon Toast Crunch</p> <p>Whole Grain Cinnamon Grahams</p> <p>100% Apple juice</p> <p>Raisins</p> <p>Milk Choice</p>	<p style="text-align: center;"><b>25</b></p> <p>Team Cheerios Cereal Bar</p> <p>Whole Grain Cinnamon Grahams</p> <p>100% Orange Tangerine Juice</p> <p>Raisins</p> <p>Milk Choice</p>	<p style="text-align: center;"><b>26</b></p> <p>Whole Grain Rice Chex</p> <p>Honey Sunflower Seeds</p> <p>100% Tangerine Juice</p> <p>Raisins</p> <p>Milk Choice</p>	<p style="text-align: center;"><b>27</b></p> <p>Reduced Sugar Cinnamon Toast Crunch Bar</p> <p>Whole Grain Animal Crackers</p> <p>Fruit Juice 100%</p> <p>Raisins</p> <p>Milk Choice</p>
<p style="text-align: center;"><b>30</b></p> <p>Whole Grain Apple Muffin Top</p> <p>Whole Grain Cinnamon Grahams</p> <p>Unsweetened Applesauce</p> <p>Raisins</p> <p>Milk Choice</p>	<p style="text-align: center;"><b>31</b></p> <p>Multigrain Cheerios</p> <p>Pepperidge Cheddar Goldfish</p> <p>100% Fruit Juice</p> <p>Raisins</p> <p>Milk Choice</p>			

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