

# OCTOBER 2018

## HOT BREAKFAST MENU 6-12

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p style="text-align: right;"><b>1</b></p> <p>Whole Grain Glazed Cinnamon French Toast with Syrup Fruit Choice Milk Choice</p>	<p style="text-align: right;"><b>2</b></p> <p>Tac-go Egg, Cheese, and Turkey Sausage on a Whole Grain Tortilla Fruit Choice Milk Choice</p>	<p style="text-align: right;"><b>3</b></p> <p>EARLY RELEASE NO HOT BREAKFAST</p>	<p style="text-align: right;"><b>4</b></p> <p>Egg and Cheese Sandwich on a Whole Grain English Muffin Hash Brown Rounds Fruit Choice Milk Choice</p>	<p style="text-align: right;"><b>5</b></p> <p>Whole Grain Oatmeal Whole Grain Pancakes with Syrup Scrambled Eggs Turkey Sausage Fruit Choice Milk Choice</p>
<p style="text-align: right;"><b>8</b></p> <p>Turkey Bacon, and Egg Whole Grain Flatbread Fruit Choice Milk Choice</p>	<p style="text-align: right;"><b>9</b></p> <p>Mini Whole Grain Maple Waffles, with Syrup Fruit Choice Milk Choice</p>	<p style="text-align: right;"><b>10</b></p> <p>Stuffed Whole Grain Croissant with Turkey Ham, Egg, and Cheese Fruit Choice Milk Choice</p>	<p style="text-align: right;"><b>11</b></p> <p>Mini Whole Grain Blueberry Pancakes, with Syrup Fruit Choice Milk Choice</p>	<p style="text-align: right;"><b>12</b></p> <p>Warm Whole Grain Cheese Grits Scrambled Eggs Turkey Bacon Fruit Choice Milk Choice</p>
<p style="text-align: right;"><b>15</b></p> <p>Whole Grain Glazed Cinnamon French Toast with Syrup Fruit Choice Milk Choice</p>	<p style="text-align: right;"><b>16</b></p> <p>Tac-go Egg, Cheese, and Turkey Sausage on a Whole Grain Tortilla Fruit Choice Milk Choice</p>	<p style="text-align: right;"><b>17</b></p> <p>Mini Whole Grain Maple Pancakes, with Syrup Fruit Choice Milk Choice</p>	<p style="text-align: right;"><b>18</b></p> <p>Egg and Cheese Sandwich on a Whole Grain English Muffin Hash Brown Rounds Fruit Choice Milk Choice</p>	<p style="text-align: right;"><b>19</b></p> <p>Whole Grain Oatmeal Whole Grain Pancakes with Syrup Scrambled Eggs Turkey Sausage Fruit Choice Milk Choice</p>

<p style="text-align: right;"><b>22</b></p> <p>Mini Whole Grain Maple Waffles, with Syrup</p> <p>Fruit Choice</p> <p>Milk Choice</p>	<p style="text-align: right;"><b>23</b></p> <p>Turkey Bacon, and Egg Whole Grain Flatbread</p> <p>Fruit Choice</p> <p>Milk Choice</p>	<p style="text-align: right;"><b>24</b></p> <p>Stuffed Whole Grain Croissant with Turkey Bacon, Egg, and Cheese</p> <p>Fruit Choice</p> <p>Milk Choice</p>	<p style="text-align: right;"><b>25</b></p> <p>Mini Whole Grain Blueberry Pancakes, with Syrup</p> <p>Fruit Choice</p> <p>Milk Choice</p>	<p style="text-align: right;"><b>26</b></p> <p>Warm Whole Grain Sweet Grits Scrambled Eggs Turkey Bacon Fruit Choice Milk Choice</p>
<p style="text-align: right;"><b>29</b></p> <p>Whole Grain Glazed Cinnamon French Toast with Syrup</p> <p>Fruit Choice</p> <p>Milk Choice</p>	<p style="text-align: right;"><b>30</b></p> <p>Tac-go Egg, Cheese, and Turkey Sausage on a Whole Grain Tortilla</p> <p>Fruit Choice</p> <p>Milk Choice</p>	<p style="text-align: right;"><b>31</b></p> <p>Egg and Cheese Sandwich on a Whole Grain English Muffin</p> <p>Hash Brown Rounds</p> <p>Fruit Choice</p> <p>Milk Choice</p>		

We serve reduced sugar and whole grains every day!

All juices are 100% fruit juice with no added sugar!

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