

OCTOBER 2018

HOT BREAKFAST MENU K-8



Where the future is present.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

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