

OCTOBER | 2023

Breakfast



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2 <u>Carrot Cake Muffin**</u> Yogurt Fruit Milk</p>	<p>3 <u>Breakfast Taco**</u> Fruit Milk</p>	<p>4 Bagel w/ cream cheese Fruit Juice Milk</p>	<p>5 <u>French Toast Bake</u> w/ syrup Fruit Milk</p>	<p>6 No School Teacher Institute Day</p>
<p>9 No School Columbus Day</p>	<p>10 <u>Breakfast Cookie**</u> Fruit Parfait Fruit Milk</p>	<p>11 <u>Scrambled Eggs</u> <u>Sausage Patty**</u> Toast Fruit Milk</p>	<p>12 <u>Apple Bread**</u> Juice Fruit Milk</p>	<p>13 <u>Egg & Cheese Frittata</u> Toast Fruit Milk</p>
<p>16 <u>Strawberry Yogurt</u> <u>**Muffins</u> Fruit Parfait Fruit Milk</p>	<p>17 <u>Pancakes w/ syrup**</u> Fruit Milk</p>	<p>18 Cereal Cinnamon Toast Fruit Milk</p>	<p>19 <u>Blueberry Muffins**</u> Juice Fruit Milk</p>	<p>20 <u>Bacon Breakfast Pizza**</u> Fruit Milk</p>
<p>23 <u>Granola Bar**</u> Fruit Parfait Fruit Milk</p>	<p>24 <u>Blueberry Coffee Cake**</u> Fruit Milk</p>	<p>25 <u>Scrambled Eggs</u> <u>Sausage Patty**</u> Toast Fruit Milk</p>	<p>26 <u>Banana Muffins**</u> Yogurt Fruit Milk</p>	<p>27 No School P/T Conference</p>
<p>30 <u>Pumpkin Chocolate Chip</u> <u>Bread**</u> Fruit Parfait Fruit Milk</p>	<p>31 <u>Breakfast Quesadilla**</u> Fruit Milk</p>	<p>1</p>	<p>2</p>	<p>3</p>

News

Breakfast after the bell: breakfast is offered for students until 20 minutes after the start of school.

Items underlined are made from scratch

Items with ** are made with local foods

OCTOBER 12TH IS THE GREAT APPLE CRUNCH.



OVER 2500 VARIETIES OF APPLES ARE GROWN IN THE US