





## Secondary Breakfast– October 2017



### EVERYDAY CHOICES Fresh Apple, Orange or Banana Fruit Juice and Milk

<p><b>2</b></p> <p><i>Choose one:</i> Waffles Parfait Cold Cereal</p> <p><i>Served with:</i> Whole Grain Muffin Apple, Banana or Orange Fruit Juice Milk</p>	<p><b>3</b></p> <p><i>Choose one:</i> Loaded Breakfast Toast Parfait Cold Cereal</p> <p><i>Served with:</i> Toaster Pastry Apple, Banana or Orange Fruit Juice Milk</p>	<p><b>4</b></p> <p><i>Choose one:</i> French Toast Parfait Cold Cereal</p> <p><i>Served with:</i> Whole Wheat Toast Apple, Banana or Orange Fruit Juice Milk</p>	<p><b>5</b></p> <p><i>Choose one:</i> Breakfast Pizza Parfait Cold Cereal</p> <p><i>Served with:</i> Fruit Cereal Bar Apple, Banana or Orange Fruit Juice Milk</p>	<p><b>6</b></p> <p><i>Choose one:</i> Biscuit w/ Sausage Patty Parfait Cold Cereal</p> <p><i>Served with:</i> Whole Wheat Toast Apple, Banana or Orange Fruit Juice Milk</p>
<p><b>9</b></p> <p><i>Choose one:</i> Southern Peach Biscuit Parfait Cold Cereal</p> <p><i>Served with:</i> Whole Grain Muffin Apple, Banana or Orange Fruit Juice Milk</p>	<p><b>10</b></p> <p><i>Choose one:</i> Apple Cinnamon Sausage Pancake Parfait Cold Cereal</p> <p><i>Served with:</i> Fruit Cereal Bar Apple, Banana or Orange Fruit Juice Milk</p>	<p><b>11</b></p> <p><i>Choose one:</i> Scramble Eggs w/ Hash brown Parfait Cold Cereal</p> <p><i>Served with:</i> Whole Wheat Toast Apple, Banana or Orange Fruit Juice Milk</p>	<p><b>12</b></p> <p><i>Choose one:</i> Pancakes w/ Sausage Patty Parfait Cold Cereal</p> <p><i>Served with:</i> Toaster Pastry Apple, Banana or Orange Fruit Juice Milk</p>	<p><b>13</b></p> <p><i>Choose one:</i> Biscuit w/ Canadian Ham and Cheese Parfait Cold Cereal</p> <p><i>Served with:</i> Whole Wheat Toast Apple, Banana or Orange Fruit Juice Milk</p>
<p><b>16</b></p> <p><i>Choose one:</i> Waffles Parfait Cold Cereal</p> <p><i>Served with:</i> Whole Grain Muffin Apple, Banana or Orange Fruit Juice Milk</p>	<p><b>17</b></p> <p><i>Choose one:</i> Sausage/ Cheese Pita Pocket Parfait Cold Cereal</p> <p><i>Served with:</i> Whole Wheat Toast Apple, Banana or Orange Fruit Juice Milk</p>	<p><b>18</b></p> <p>No School Parent Teacher Conference</p>	<p><b>19</b></p> <p>No School Fall Break</p> 	<p><b>20</b></p> <p>No School Fall Break</p>
<p><b>23</b></p> <p>No School Professional Day</p>	<p><b>24</b></p> <p><i>Choose one:</i> Pancakes w/ Sausage Patty Parfait Cold Cereal</p> <p><i>Served with:</i> Whole Grain Muffin Apple, Banana or Orange Fruit Juice Milk</p>	<p><b>25</b></p> <p><i>Choose one:</i> Scrambled Egg w/ Hash Brown Parfait Cold Cereal</p> <p><i>Served with:</i> Whole Wheat Toast Apple, Banana or Orange Fruit Juice Milk</p>	<p><b>26</b></p> <p><i>Choose one:</i> Biscuit w/ Sausage and Cheese Parfait Cold Cereal</p> <p><i>Served with:</i> Fruit Cereal Bar Apple, Banana or Orange Fruit Juice Milk</p>	<p><b>27</b></p> <p><i>Choose one:</i> Maple Sausage Pancake Parfait Cold Cereal</p> <p><i>Served with:</i> Breakfast Bread Apple, Banana or Orange Fruit Juice Milk</p>
<p><b>30</b></p> <p><i>Choose one:</i> Waffles Parfait Cold Cereal</p> <p><i>Served with:</i> Whole Grain Muffin Apple, Banana or Orange Fruit Juice Milk</p>	<p><b>31</b></p> <p><i>Choose one:</i> Loaded Breakfast Toast Parfait Cold Cereal</p> <p><i>Served with:</i> Toaster Pastry Apple, Banana or Orange Fruit Juice Milk</p>			

Menu subject to change without notice.

This institution is an equal opportunity employer and provider.