

# RISE & SHINE *with* BREAKFAST

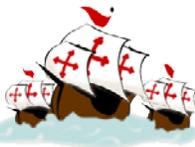
A NUTRITIOUS WAY to START EVERY DAY



## Ballou Stay Breakfast Menu

October 2015

All breakfasts are FREE. Full student breakfast includes choice of entrée, two fruit choices and choice of 1% or skim milk. If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Monday	Tuesday	Wednesday	Thursday	Friday
Oct 5	Oct 6	Oct 7	Oct 8	Oct 9
Cheesy Scrambled Eggs Made with Fresh Local Eggs  Whole Grain English Muffin  100% Fruit Punch	Fresh Baked Whole Grain Blueberry Muffin Square  Fresh Orange	Turkey Ham and Cheese on a Whole Grain Bagel  Fresh Local Apple	Whole Grain Pancakes w/Syrup  Fresh Banana	<b>PROFESIONAL                      DEVELOPMENT DAY                      NO SCHOOL</b>  
Oct 12	Oct 13	Oct 14	Oct 15	Oct 16
<b>COLUMBUS DAY                      NO SCHOOL</b>  	Whole Grain Cinnamon Biscuit  100% Fruit Punch	Whole Grain Bagel w/ Reduced Fat Cream Cheese  Fresh Local Apple	Turkey Sausage on a Whole Grain English Muffin  Pear Sauce	Chicken Sausage on a Whole Grain Biscuit  Fresh Banana
Oct 19	Oct 20	Oct 21	Oct 22	Oct 23
<b>PARENT TEACHER                      CONFERENCE                      NO SCHOOL</b>  	Whole Grain Cinnamon Peach Oatmeal  Fresh Orange	<b>Curacao International                      Day</b> Whole Grain Banana Bread String Cheese  Tropical Fruit Cup	Fresh Baked Whole Grain Blueberry Muffin Square  Chilled Pears	Whole Grain Pancakes w/Syrup  Fresh Banana
Oct 26	Oct 27	Oct 28	Oct 29	Oct 30
Chicken Sausage on a Whole Grain Biscuit  100% Fruit Punch	Whole Grain Pancakes w/Syrup  Fresh Orange	Whole Grain Bagel w/Reduced Fat Cream Cheese  Fresh Local Apple	Turkey Sausage on Whole Grain Bagel  Chilled Pears	Whole Grain Cinnamon Biscuit  Fresh Banana
<b>Available Daily – Assorted Whole Grain Cereals, Whole Grain Strawberry Bar, Graham Crackers and Assorted Fruit</b>				

USDA is an equal opportunity provider and employer.