

RISE & SHINE *with* BREAKFAST




A NUTRITIOUS WAY to START EVERY DAY



Breakfast in the Café 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
Whole Grain Bagel w/ Reduced Fat Cream Cheese 100% Fruit Punch	Whole Grain Apple Cinnamon Muffin or Whole Grain Blueberry Muffin String Cheese Fresh Orange	Turkey Ham and Cheese on Whole Grain Bagel Fresh Local Apple	Whole Grain Pancakes w/ Jelly Fresh Banana	PROFESSIONAL DEVELOPMENT DAY NO SCHOOL 
Oct 12	Oct 13	Oct 14	Oct 15	Oct 16
COLUMBUS DAY NO SCHOOL 	Turkey Sausage on Whole Grain English Muffin Fresh Orange	Whole Grain Maple French Toast Sticks Fresh Local Apple	Whole Grain Cinnamon Biscuit Pear Sauce	Chicken Sausage on Whole Grain Bagel Fresh Banana
Oct 19	Oct 20	Oct 21	Oct 22	Oct 23
Parent Teacher Conference No School 	Whole Grain Pancakes w/Syrup Fresh Local Apple	Curacao International Day Whole Grain Banana Bread String Cheese Tropical Fruit Cup	Whole Grain Apple Cinnamon Muffin or Whole Grain Blueberry Muffin Hard Boiled Egg Pear Sauce	Turkey Ham & Cheese on Whole Grain English Muffin Fresh Banana
Oct 26	Oct 27	Oct 28	Oct 29	Oct 30
Yogurt Cup Graham Crackers 100% Fruit Punch	Whole Grain Maple French Toast Sticks Fresh Orange	Chicken Sausage on Whole Grain Biscuit Fresh Local Apple	Turkey Sausage on Whole Grain English Muffin Pear Sauce	Whole Grain Cinnamon Biscuit Fresh Banana
Available Daily – Assorted Whole Grain Cereals, WG Strawberry Bar, Graham Crackers and Assorted Fruit				