

# RISE & SHINE *with* BREAKFAST

A NUTRITIOUS WAY to START EVERY DAY



## Secondary (6–12) Breakfast Menu

October 5 – 9

Breakfast is free for all students! Full student breakfast includes choice of 2 grain items or 1 grain item and 1 meat/meat alternate item, choice of TWO fruits & choice of 1% or skim white milk. You MUST take a fruit choice in order for your meal to be a complete breakfast. Did you know—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)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Breakfast Comfort Foods	Whole Grain Bagel w/Reduced Fat Cream Cheese  100% Fruit Punch	Fresh Baked Whole Grain Blueberry Muffin  Fresh Orange	Whole Grain Cinnamon Biscuit  Fresh Local Apple	Whole Grain Pancakes w/Syrup  Fresh Banana	PROFESSIONAL DEVELOPMENT DAY NO SCHOOL
 Everyone's Favorites	Cheesy Scrambled Eggs  Whole Grain English Muffin  100% Fruit Punch	Turkey Ham & Cheese Frittata  Whole Grain Toast  Fresh Orange	Turkey Ham and Cheese on Whole Grain Bagel  Fresh Local Apple	Chicken Sausage on a Whole Grain Biscuit  Fresh Banana	
Available Daily	Whole Grain Golden Grahams Multigrain Cheerios Cinnamon Toast Crunch Chex Cereal Yogurt Cup Whole Grain Strawberry Bar Graham Crackers Assorted Fresh & Cupped Fruit				
	Food Focus				

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## Secondary (6–12) Breakfast Menu

October 12 – 16

Breakfast is free for all students! Full student breakfast includes choice of 2 grain items or 1 grain item and 1 meat/meat alternate item, choice of TWO fruits & choice of 1% or skim white milk. You MUST take a fruit choice in order for your meal to be a complete breakfast. Did you know—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)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Breakfast Comfort Foods	<b>COLUMBUS DAY NO SCHOOL</b>	Fresh Baked Whole Grain Blueberry Muffin Square  Fresh Orange	Whole Grain Bagel w/Reduced Fat Cream Cheese  Fresh Local Apple	Mexican Scrambled Egg Bar  Whole Grain Toast  Chilled Pears	French Toast Bake  Fresh Banana
 Everyone's Favorites		Whole Grain Cinnamon Biscuit  Fresh Orange	Scrambled Eggs  Whole Grain Toast  Fresh Local Apple	Turkey Sausage on Whole Grain English Muffin  Chilled Pears	Chicken Sausage on a Whole Grain Biscuit  Fresh Banana
<b>Available Daily</b>	Whole Grain Golden Grahams Multigrain Cheerios Cinnamon Toast Crunch Chex Cereal Yogurt Cup Whole Grain Strawberry Bar Graham Crackers Assorted Fresh & Cupped Fruit				
	<b>Food Focus</b>				

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## Secondary (6–12) Breakfast Menu

October 19 – 23

Breakfast is free for all students! Full student breakfast includes choice of 2 grain items or 1 grain item and 1 meat/meat alternate item, choice of TWO fruits & choice of 1% or skim white milk. You MUST take a fruit choice in order for your meal to be a complete breakfast. Did you know—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)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Breakfast Comfort Foods	PARENT TEACHER CONFERENCE  NO SCHOOL	Whole Grain Cinnamon Peach Oatmeal  Fresh Orange	<i>Curacao International Day</i> Whole Grain Banana Bread  String Cheese  Tropical Fruit Salad	Fresh Baked Whole Grain Blueberry Muffin Square  Chilled Pears	Whole Grain Pancakes w/Syrup  Fresh Banana
 Everyone's Favorites		Turkey Ham & Cheese <i>Frittata</i>  Whole Grain Toast  Fresh Orange	Scrambled Eggs  Whole Grain Toast  Fresh Local Apple	Turkey Ham and Cheese on Whole English Muffin  Chilled Pears	Whole Grain Cinnamon Biscuit  Fresh Banana
Available Daily	Whole Grain Golden Grahams Multigrain Cheerios Cinnamon Toast Crunch Chex Cereal Yogurt Cup Whole Grain Strawberry Bar Graham Crackers Assorted Fresh & Cupped Fruit				
	Food Focus  				

# RISE & SHINE *with* BREAKFAST

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## Secondary (6–12) Breakfast Menu

October 26 – 30

Breakfast is free for all students! Full student breakfast includes choice of 2 grain items or 1 grain item and 1 meat/meat alternate item, choice of TWO fruits & choice of 1% or skim white milk. You MUST take a fruit choice in order for your meal to be a complete breakfast. Did you know—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)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Breakfast Comfort Foods	String Cheese  Graham Crackers  100% Fruit Punch	Whole Grain Pancakes w/Syrup  Fresh Orange	Scrambled Egg Bar Whole Grain Toast  Fresh Local Apple	Turkey Sausage on Whole Grain Bagel  Chilled Pears	Whole Grain Cinnamon Biscuit  Fresh Banana
 Everyone's Favorites	Chicken Sausage on a Whole Grain Biscuit  100% Fruit Punch	Scrambled Eggs  Whole Grain Toast  Fresh Orange	Whole Grain Bagel w/Reduced Fat Cream Cheese  Fresh Local Apple	Cheesy Scrambled Eggs  Whole Grain English Muffin  Chilled Pears	Turkey Ham and Cheese on Whole Grain English Muffin  Fresh Banana
Available Daily	Whole Grain Golden Grahams Multigrain Cheerios Cinnamon Toast Crunch Chex Cereal Yogurt Cup Whole Grain Strawberry Bar Graham Crackers Assorted Fresh & Cupped Fruit				
	<b>Food Focus</b>				