

K-12 CORE BREAKFAST

September & October

BREAKFAST

Monday 30	Tuesday Oct 1	Wednesday 2	Thursday 3	Friday 4
Breakfast Sausage and Pancake on a Stick. Whole Grain Bagel w/Cream Cheese (v). Blueberry Muffin w/String Cheese (v).	Biscuit Egg & Cheese Sandwich (v). Vanilla Yogurt w/Graham Crackers (v). Banana Muffin w/String Cheese (v).	Scrambled Eggs w/ Whole Grain Biscuit (v). Oatmeal Raisin Round (v). Blueberry Muffin w/String Cheese (v).	Whole Grain French Toast Sticks w/Syrup (v). Blueberry Patch Parfait w/Graham Crackers (v). Banana Muffin w/String Cheese (v).	Egg & Cheese Burrito (v). Maple Snack'n Waffle (v). Blueberry Muffin w/String Cheese (v).
Orange Wedges Frozen Blueberries	Fresh Apple Fresh Tangerine	Orange Wedges Watermelon	Grape Juice Apple Slices	Applesauce Fresh Banana

Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
Potato Egg & Cheese Breakfast Bowl w/Salsa (v). Peach Cobbler Breakfast Square (v). Blueberry Muffin w/String Cheese (v).	Whole Grain French Toast Sticks w/Syrup (v). Hard Boiled Egg Bento Box (v). Banana Muffin w/String Cheese (v).	Egg & Cheese Bagel Sandwich (v). Blueberry Snack'n Waffle (v). Banana Muffin w/String Cheese (v).	No School	No School
Red Seedless Grapes Fresh Tangerine	Orange Slices Baked Cinnamon Apples	Cantaloupe Orange Wedges		

Daily offerings include frosted mini wheats, cinnamon chex, and cheerios with graham crackers. All breakfast entrées include choice of skim or low-fat unflavored milk. All grain products are whole grain rich. (v) denotes vegetarian choices (including milk and eggs) and (ve) denotes vegan choices. **Locally Sourced** items offered daily. This menu is subject to change and based upon product availability.

This institution is an equal opportunity provider. Additional nutrition information available upon request.

K-12 CORE BREAKFAST
October

BREAKFAST

Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
No School	Scrambled Eggs w/Toast (v). Maple Snack'n Waffle (v). Blueberry Muffin w/String Cheese (v).	Cheese Omelet w/Biscuit (v). Tropical Mango Breakfast Round (v). Banana Muffin w/Sting Cheese (v).	<u>Parfait Bar (v).</u> Strawberry or Vanilla Yogurt with Graham Cracker or Granola	Sausage & Cheese Breakfast Sandwich. <u>Plain Bagel w/Cream Cheese (v).</u> Blueberry Muffin w/Sting Cheese (v).
	Apple Juice Whole Apple	Grape Juice Frozen Blueberries	Strawberries Banana	Fresh Tangerine Red Seedless Grapes

Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
Blueberry Snack'n Waffle (v). Hard Boiled Egg Bento Box (v). Banana Muffin w/String Cheese (v).	Turkey Bacon & Egg Breakfast Pizza. Yogurt Breakfast Bento Box (v). Blueberry Muffin w/Sting Cheese (v).	Chicken Biscuit Sandwich. Oatmeal Breakfast Round (v).	Egg & Cheese Burrito (v). Plain Bagel w/Cream Cheese (v). Banana Muffin w/String Cheese (v).	Oatmeal w/Strawberries (ve). Vanilla Yogurt w/Graham Crackers (v). Blueberry Muffin w/String Cheese (v).
Frozen Blueberries Orange Juice	Grape Juice Fresh Tangerine	Apple Juice Strawberries	Red Seedless Grapes Fresh Banana	Frozen Blueberries Strawberries

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K-12 CORE BREAKFAST
October & November

BREAKFAST

Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Friday Nov 1
Cheesy Scrambled Eggs w/Toast (v). Blueberry Muffin w/String Cheese (v).	Breakfast Tacos w/Turkey Sausage, Potatoes & Salsa. Hard Boiled Egg Bento Box (v). Banana Muffin w/String Cheese (v).	Egg & Cheese Biscuit Sandwich (v). Plain Bagel w/Cream Cheese (v). Blueberry Muffin w/String Cheese (v).	Whole Grain French Toast Sticks w/Syrup (v). Strawberry Yogurt w/Graham Crackers (v).	Potato Egg & Cheese Breakfast Bowl w/Salsa (v). Peach Cobbler Breakfast Square (v). Banana Muffin w/String Cheese (v).
Fresh Apple Grape Juice	Strawberries Tangerine	Apple Juice Orange Wedges	Cantaloupe Baked Cinnamon Apples	Frozen Blueberries Fresh Banana

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