## **OCTOBER 2019**

Preschool – 12th Grade

All Students eat Breakfast for FREE!

Monday	Tuesday	Wednesday	Thursday	Friday
	Muffin or Yogurt Parfait Granola Bar / Cereal Cheese Stick Yogurt / Boiled Egg Fruit Choice Juice / Milk	Breakfast Pizza Granola Bar / Cereal Cheese Stick Yogurt / Boiled Egg Fruit Choice Juice / Milk	Pancake Wrap Granola Bar / Cereal Cheese Stick Yogurt / Boiled Egg Fruit Choice Juice / Milk	No School In Service
Pancake Wrap Granola Bar / Cereal Cheese Stick Yogurt / Boiled Egg Fruit Choice Juice / Milk	Eggs, Toast & Potatoes  Granola Bar / Cereal  Cheese Stick  Yogurt / Boiled Egg  Fruit Choice	Mini Waffles Granola Bar / Cereal Cheese Stick Yogurt / Boiled Egg Fruit Choice Juice / Milk	Breakfast Burrito Granola Bar / Cereal Cheese Stick Yogurt / Boiled Egg Fruit Choice Juice / Milk	Maple Bites Granola Bar / Cereal Cheese Stick Yogurt / Boiled Egg Fruit Choice Juice / Milk
Pancake Wrap Granola Bar / Cereal Cheese Stick Yogurt / Boiled Egg Fruit Choice Juice / Milk	Muffin or Yogurt Parfait 5 Granola Bar / Cereal Cheese Stick Yogurt / Boiled Egg Fruit Choice Juice / Milk	Breakfast Pizza Granola Bar / Cereal Cheese Stick Yogurt / Boiled Egg Fruit Choice Juice / Milk	Banana or Cinnamon Bre <mark>ad 7</mark> Yogurt Parfait / Cereal Granola Bar / Cheese Stick Yogurt / Boiled Egg Fruit Choice Juice / Milk	Pretzel Sandwich Granola Bar / Cereal Cheese Stick Yogurt / Boiled Egg Fruit Choice Juice / Milk
Mini Pancakes Granola Bar / Cereal Cheese Stick Yogurt / Boiled Egg Fruit Choice Juice / Milk	Mini Bagel w/Cream Cheese Yogurt Parfait Parfait / Cereal Granola Bar / Cheese Stick Yogurt / Boiled Egg Fruit Choice	Eggs & Smokies Granola Bar / Cereal Cheese Stick Yogurt / Boiled Egg Fruit Choice Juice / Milk	Breakfast Burrito Granola Bar / Cereal Cheese Stick Yogurt / Boiled Egg Fruit Choice Juice / Milk	Cinnamon Pull Aparts Yogurt Parfait /Cereal Granola Bar / Cheese Stick Yogurt / Boiled Egg Fruit Choice Juice / Milk
Pancake Bites Granola Bar / Cereal Cheese Stick Yogurt / Boiled Egg Fruit Choice Juice / Milk	Muffin or Yogurt Parfait 29 Granola Bar / Cereal Cheese Stick Yogurt / Boiled Egg Fruit Choice Juice / Milk	Breakfast Pizza Granola Bar / Cereal Cheese Stick Yogurt / Boiled Egg Fruit Choice Juice / Milk	Cinnamon Toast / Yogurt 1 Parfait / Cereal Granola Bar / Cheese Stick Yogurt / Boiled Egg Fruit Choice Juice / Milk	