

October

Breakfast Menu

Text **bold** and underlined
Denotes whole wheat
1% Chocolate or White Milk Served at every meal!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
! DISCLAIMER Menu's can change. Please check the website for the most up to date menu	   Our menu may include: Milk, Eggs, Fish, Shellfish, Wheat, Peanuts, Tree Nuts, Soy, Sesame. !			1 Scrambled eggs, bacon, applesauce	2 <u>Biscuit</u> & gravy breakfast potatoes, peaches	3
4	5 <u>Whole-grain muffin,</u> Greek yogurt, peaches	6 Ham <u>biscuit</u> and mixed fruit	7 <u>French toast</u> w/syrup, pineapple	8 <u>Biscuit</u> & gravy hashbrowns, applesauce	9 Egg casserole, breakfast potatoes, pears	10
! 11	12 <u>Whole grain muffin,</u> yogurt, mixed fruit	13 Sausage <u>biscuit</u> and applesauce	14 <u>Pancakes</u> w/ syrup, hashbrown, applesauce	15 Scrambled eggs, bacon, applesauce	16 <u>Biscuit</u> & gravy breakfast potatoes, applesauce	17
18	19 <u>Whole-grain muffin,</u> Greek yogurt, peaches	20 Pigs in a <u>blanket,</u> mixed fruit	21 <u>french toast</u> sticks and applesauce	22 eggs with ham & cheese, pineapple	23 <u>Biscuits</u> & Gravy, hashbrowns, applesauce	24
! 25	26 <u>Whole-grain muffin,</u> Greek yogurt, pears	27 Sausage <u>biscuit</u> and mixed fruit	28 <u>Waffles</u> w/syrup, sausage, pineapple	29 Scrambled eggs, bacon, applesauce	30 <u>Biscuit</u> & gravy breakfast potatoes, peaches	31 HAPPY HALLOWEEN