October Breakfast Menu

Text **bold** and <u>underlined</u> 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 **<u>Pancakes</u>** and sausage, 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