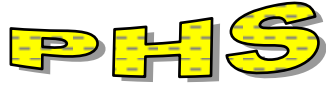


**October 2017  
High School  
Breakfast Menu**



All meals include choice of  
Chocolate Skim, 1% or Skim Milk

2 <b>Pop Tart or Cold Cereal Cheese Stick</b> Fruit Juice Milk	3 <b>Breakfast Pizza</b> Fruit Juice Milk	4 <b>Pancake On A Stick</b> Fruit Juice Milk	5 <b>French Toast Sticks/Syrup</b> Fruit Juice Milk	6 <b>Dutch Waffle Syrup</b> Fruit Juice Milk
9 <b>Granola Bar or Cold Cereal Cheese Stick</b> Fruit Juice Milk	10 <b>Bagel Cream Cheese</b> Fruit Juice Milk	11 <b>Cinnamon Roll</b> Fruit Juice Milk	12 <b>Biscuit Sausage Patty</b> Fruit Juice Milk	13 <b>Muffin Yogurt</b> Fruit Juice Milk
16 <b>Cereal Bar or Cold Cereal Cheese Stick</b> Fruit Juice Milk	17 <b>Sausage &amp; Cheese Breakfast Sandwich</b> Fruit/Juice Milk	18 <b>Pancakes Syrup</b> Fruit Juice Milk	19 MEA BREAK  NO SCHOOL	20 MEA BREAK  NO SCHOOL
23 MEA BREAK  NO SCHOOL	24 <b>Omelet Hashbrown</b> Fruit Juice Milk	25 <b>Donut Cheese Stick</b> Fruit Juice Milk	26 <b>Waffles Syrup</b> Fruit Juice Milk	27 <b>French Toast Sticks/Syrup</b> Fruit Juice Milk
30 <b>Granola Bar or Cold Cereal Cheese Stick</b> Fruit Juice Milk	31 <b>Frudel Cheese Stick</b> Fruit Juice Milk			

**OFFER**

Cold Cereal will be  
offered daily

**FYI**

**MENUS  
SUBJECT TO  
CHANGE**

**Nutrition Fact**

Start your day  
right with a  
healthy  
breakfast