

**October 2017
Prairie Wind Middle School
Breakfast Menu**



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

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