## October 2023 Breakfast Menu

	Mon		Tue		Wed		Thu		Fri	
JrSR High		2		3		4	!	5		5
_	Muffin		Mini Pancakes		Bagel & Cream		Texas Toast		Breakfast Pizza	
School	Cheese Stick		Cheese Stick		Cheese		Cheese Stick		Fruit	
Breakfast	Fruit		Fruit		Fruit		Fruit		Juice	
	Juice		Juice		Juice		Juice		Milk	
	Milk		Milk		Milk		Milk			
*Meals are sub-		9		10		11	1:	2	13	3
ject to change	Muffin		Biscuit & Gravy		Pearl Waffles		Pancake Wrap		Breakfast Pizza	
	Cheese Stick		Fruit		Cheese Stick		Fruit		Fruit	
	Fruit		Juice		Fruit		Juice		Juice	
	Juice		Milk		Juice		Milk		Milk	
	Milk				Milk					
		16		17		18	19	9	20	)
	Muffin		Breakfast Cookie		Mini Waffles		French Toast Bites		Breakfast Pizza	THIS
	Cheese Stick		Cheese Stick		Cheese Stick		Cheese Stick		Fruit	INSTITUTION
	Fruit		Fruit		Fruit		Fruit		Juice	IS AN EQUAL
	Juice		Juice		Juice		Juice		Milk	OPPORTUNITY PROVIDER
	Milk		Milk		Milk		Milk			
		23		24		25	29	9	27	7
	Muffin		Pancake Wrap	_ '	Mini Pancakes		Texas Toast		Breakfast Pizza	
	Cheese Stick		Fruit		Cheese Stick		Cheese Stick		Fruit	
	Fruit		Juice		Fruit		Fruit		Juice	
	Juice		Milk		Juice		Juice		Milk	
	Milk		Milk		Milk		Milk		Milk	
		30		31				ا		1% White
	Muffin	50	Biscuit & Gravy	J1			*Oct #1	-	10	Milk
	Cheese Stick		Fruit				Octob	H		
	Fruit		Juice				The same			Whole Grain
	Juice		Milk		•	MA				(WG) Buns &
	Milk				*	2				Bread