

NEB High School Breakfast Menu for October

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/2 Pancakes Assorted Juice Fresh Apple Low Fat Milk	10/3 Cinna Stick Assorted Juice Craisins Low Fat Milk	10/4 Egg & Cheese on a Bagel Fresh Banana Assorted Juice Low Fat Milk	10/5 Fruity Waffle Assorted Juice Applesauce Cup Low Fat Milk	10/6 French Toast Bites Assorted Juice Fresh Orange Low Fat Milk
10/9 No School	10/10 Bacon, Egg, & Cheese English Muffin Assorted Juice Craisins Low Fat Milk	10/11 Breakfast Pizza Fresh Banana Assorted Juice Low Fat Milk	10/12 Dutch Waffle Assorted Juice Applesauce Cup Low Fat Milk	10/13 Egg & Cheese on a Biscuit Assorted Juice Fresh Orange Low Fat Milk
10/16 Warm Cherry Frudel Assorted Juice Fresh Apple Low Fat Milk	10/17 Waffles w/ Syrup Assorted Juice Craisins Low Fat Milk	10/18 Breakfast Pizza Fresh Banana Assorted Juice Low Fat Milk	10/19 Choco Waffle Assorted Juice Applesauce Cup Low Fat Milk	10/20 Sausage Pancake Bites Assorted Juice Fresh Orange Low Fat Milk
10/23 Ham & Cheese on an English Muffin Assorted Juice Fresh Apple Low Fat Milk	10/24 Yogurt Parfait Assorted Juice Craisins Low Fat Milk	10/25 Sausage, Egg, Cheese on an English Muffin Fresh Banana Assorted Juice Low Fat Milk	10/26 French Toast Sticks Assorted Juice Applesauce Cup Low Fat Milk	10/27 No School
10/30 Breakfast Chicken Patty Assorted Juice Fresh Apple Low Fat Milk	10/31 Iced Donut w. Sprinkles Assorted Juice Craisins Low Fat Milk	11/1 Breakfast Pizza Fresh Banana Assorted Juice Low Fat Milk	11/2 Cheddar Omelet w. Toast Assorted Juice Fresh Orange Low Fat Milk	11/3 Warm Apple Frudel Assorted Juice Fresh Orange Low Fat Milk
11/6 Sausage, Egg, and Cheese Biscuit Assorted Juice Fresh Apple Low Fat Milk	11/7 PANCAKES W/ TOPPING BAR Assorted Juice Craisins Low Fat Milk	11/8 Breakfast Pizza Fresh Banana Assorted Juice Low Fat Milk	11/9 Dutch Waffle Assorted Juice Applesauce Cup Low Fat Milk	11/10 French Toast Bites Assorted Juice Fresh Orange Low Fat Milk

What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

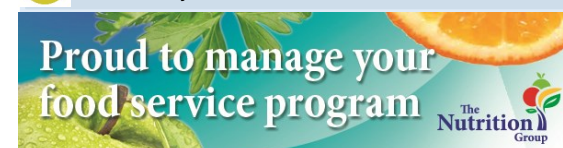
Fresh Fruit, 100% Fruit Juice and Canned Fruits available daily.



Milk Choices Offered Daily
Fat Free White, Low Fat White



Whole Grains Available Daily



Meal Prices:
BREAKFAST IS FREE FOR ALL STUDENTS IN THE NEB SCHOOL DISTRICT!

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

MENUS SUBJECT TO CHANGE