

OCTOBER 2023

FORSANISD

Menu Is Subject to Change Milk Choices Offered Daily: 1% White and Fat Free Chocolate Breakfast Prices for Students Elementary \$2.00 - JH/HS \$2.00

Monday

Pancakes w. Sausage (ELEM)

Dutch Waffles w. Bacon (JH/HS)

or Cereal Strawberry Cup Fruit Juice & Milk

Columbus Day No School

Muffin
w. Yogurt Cup (ELEM)
Waffles w. Bacon (JH/HS)
or
Cereal
Strawberry Cup,

Fruit Juice & Milk

Waffles w. Bacon (ELEM)
Pancakes w. Sausage (JH/HS)
or

Cereal Strawberry Cup Fruit Juice & Milk

Pancakes w. Sausage (ELEM)

Dutch Waffles w. Bacon (JH/HS)

or
Careal

or Cereal Strawberry Cup Fruit Juice & Milk

Tuesday

Monte Cristo Sandwich (Elem)
PB&J Sandwich (JH/HS)
or
Cereal
Mandarin Oranges,

Fruit Juice & Milk

French Toast Sticks w. Yogurt Cup *or* Cereal Strawberry Cup, Fruit Juice & Milk

Pancakes w. Sausage (ELEM)
Honey Bun w. Yogurt
(JH/HS)
or
Cereal
Pineapple Tidbits,
Fruit Juice & Milk

Honey Bun (ELEM)

Muffin (JH/HS)

w. Yogurt Cup

or

Cereal

Mandarin Oranges,
Fruit Juice & Milk

Monte Cristo Sandwich (Elem)
PB&J Sandwich (JH/HS)
or
Cereal
Mandarin Oranges,
Fruit Juice & Milk

Wednesday

Donuts w. cheese stick *or* Cereal Apple Slices, Fruit Juice & Milk

Pancake Wrap w. Cheese Stick or Cereal Apple Slices, Fruit Juice & Milk

Cheese Omelet
w. Bacon (ELEM)
Sausage, Egg, Cheese
Biscuit (JH/HS)
or
Cereal
Apple Slices,
Fruit Juice & Milk

French Toast Sticks
w. Sausage (ELEM)
Morning Griddle Sandwich
(JH/HS)
or
Cereal
Apple Slices,
Fruit Juice & Milk

Thursday

Sausage & Biscuit
or
Cereal
Sliced Peaches,
Fruit Juice & Milk

Cinnamon Roll w. Bacon or Cereal Mandarin Oranges, Fruit Juice & Milk

Breakfast Bar w.
Cheese stick (Elem)
Monte Cristo Sandwich
(JH/HS)
or
Cereal
Mandarin Oranges,
Fruit Juice & Milk

Pancake Wrap w. Cheeselbert (Elem)
French Toast Sticks w. Bacon
(JH/HS)
or
Cereal
Pears,
Fruit Juice & Makeselbert

Friday

6

20

27

Breakfast Pizza or Cereal Applesauce Cup, Fruit Juice & Milk

Breakfast Pizza or Cereal Applesauce Cup, Fruit Juice & Milk

Breakfast Pizza or Cereal Applesauce Cup, Fruit Juice & Milk

Breakfast Pizza or Cereal Applesauce Cup, Fruit Juice & Milk

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