



BREAKFAST

OCTOBER 2023

HOME OF THE TORNADES

PRE-K THRU HIGH SCHOOL

ALL STUDENT MEALS ARE FREE

Monday

2

CEREAL
WG POPTART
JUICE
MILK

9

NO SCHOOL
COLUMBUS DAY

16

GRILLED CHEESE
GRANOLA BAR
JUICE
MILK

23

CHOCOLATE CRESCENT
APPLE SLICE
JUICE
MILK

30

BREAKFAST BURRITO
CHEESE STICK
FRUIT CUP
JUICE, MILK

Tuesday

3

BOSCO STICK
GRANOLA BAR
JUICE
MILK

10

CEREAL
MINI BREAKFAST BITES
CLEMENTINE
JUICE, MILK

17

CEREAL
MINI APPLE BITES WG
JUICE
MILK

24

BREAKFAST SANDWICH
(BAGEL, EGG, CHEESE)
PINEAPPLE CUP
JUICE
MILK

31

CEREAL
MINI MUFFINS
FRUIT CUP
JUICE, MILK

Wednesday

4

BREAKFAST PIZZA
MIX FRUIT CUP
JUICE
MILK

11

CHEESE OMELETTE
TOAST/JELLY
JUICE, MILK

18

APPLE FRUEDEL
CHEESE STICK
JUICE
MILK

25

CEREAL
WG POPTART
JUICE
MILK

Thursday

5

BREAKFAST HOT POCKET
(EGG, SAUSAGE, CHEESE)
APPLESAUCE CUP
JUICE, MILK

12

BISCUIT & GRAVY
PEACHES
JUICE
MILK

19

BANANA BREAD SLICE
TRIX YOGURT CUP
JUICE
MILK

26

CINNAMON ROLLS
HIGH SCHOOL:
DONUT HOLES
FRUIT
JUICE, MILK

Friday

6

CEREAL
NUTRI GRAIN BAR
APPLE SLICES
MILK

13

BREAKFAST SANDWICH
(BAGEL, EGG, CHEESE)
MIX FRUIT CUP
JUICE, MILK

20

PANCAKE SAUSAGE
BITES
SF SYRUP
MIX FRUIT
JUICE, MILK

27

PANCAKE ON A STICK
SF SYRUP
MANDARIN ORANGES
JUICE, MILK



TO RECEIVE THE FREE MEAL STUDENTS MUST CHOOSE A MINIMUM OF THREE ITEMS.
ONE MUST BE FRUIT OR VEGETABLE