

**DeKalb
County
School**

This institution
is an equal
opportunity
provider.

Middle / High Breakfast October 2019

Tuesday, October 1

Great Beginnings

Breakfast Pizza

Toasted Croissant with Jelly

Overnight Oats Extravaganza

Fruity Delights (1-2):

Assorted Juice

Sliced Peaches

Wednesday, October 2

Great Beginnings

Peaches N Cream Parfait

Turkey Sausage Biscuit

Morning Pastry To Go

With: Southern Grits

Fruity Delights (1-2):

Assorted Juice

Seasonal Fresh Fruit

Thursday, October 3

Great Beginnings

Maple French Toast Sticks with Turkey Sausage Link

Assorted Cereal with Blueberry Muffin Bread

Avocado Cheese Toast

Fruity Delights (1-2):

Orange Tangerine Juice

Chilled Pears

Friday, October 4

Great Beginnings

Scrambled Eggs With Turkey Bacon & Toast

Hot Cinnamon Roll

Assorted Cereal with Toast

Fruity Delights (1-2):

Assorted Juice

Applesauce

Monday, October 7

Great Beginnings

Country Chicken Biscuit

Choice of Cereal with Toast

Breakfast Flatbread

Fruity Delights (1-2):

Assorted Juice

Seasonal Fresh Fruit

Tuesday, October 8

Great Beginnings

Chicken & Waffle

Cinnamon Toast Crunch Pastry

Spinach & Cheese Omelet with Toast

Fruity Delights (1-2):

Assorted Juice

Sliced Peaches

Wednesday, October 9

Great Beginnings

Paradise Parfait

Turkey Sausage Biscuit

Morning Pastry to Go

With: Southern Grits

Fruity Delights (1-2):

Assorted Juice

Chilled Pears

Thursday, October 10



Friday, October 11



Monday, October 14

Columbus Day

No School Today



Tuesday, October 15

Great Beginnings

Breakfast Pizza

Toasted Croissant with Jelly

Overnight Oats Extravaganza

Fruity Delights (1-2):

Assorted Juice

Sliced Peaches

Wednesday, October 16

Great Beginnings

Peaches N Cream Parfait

Turkey Sausage Biscuit

Morning Pastry To Go

Fruity Delights (1-2):

Assorted Juice

Chilled Pears

Thursday, October 17

Great Beginnings

Maple French Toast Sticks with Turkey Sausage Link

Assorted Cereal with Blueberry Muffin Bread

Avocado Cheese Toast

Fruity Delights (1-2):

Assorted Juice

Banana

Friday, October 18

Great Beginnings

Scrambled Eggs With Turkey Bacon & Toast

Hot Cinnamon Roll

Assorted Cereal with Toast

Fruity Delights (1-2):

Assorted Juice

Applesauce

First things First

**To make a breakfast,
choose at least one**



or



**and at
least
three
items
total**



Choice of Milk Served with All Meals.

**DeKalb
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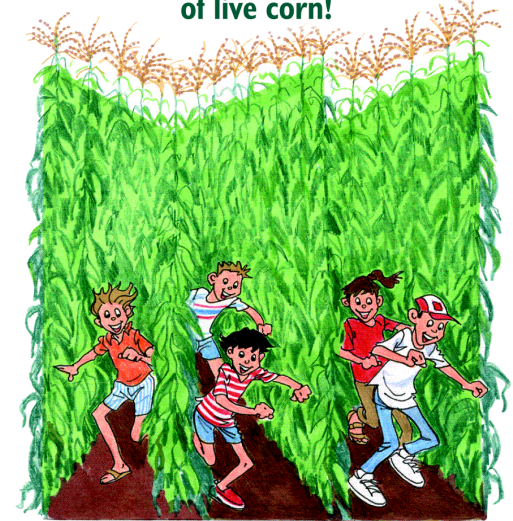
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Middle / High Breakfast October 2019



WORLD'S LARGEST CORN MAZE

It's in Spring Grove, Illinois and
features 10 miles of trails making
up 5 connected mazes on 28 acres
of live corn!



Monday, October 21

Great Beginnings

Country Chicken Biscuit

Choice of Cereal with Toast

Breakfast Flatbread

Fruity Delights (1-2):

Assorted Juice

Seasonal Fresh Fruit



Tuesday, October 22

Great Beginnings

Chicken & Waffle

Cinnamon Toast Crunch Pastry

Spinach & Cheese Omelet with Toast

Fruity Delights (1-2):

Assorted Juice

Sliced Peaches

Wednesday, October 23

Great Beginnings

Paradise Parfait

Turkey Sausage Biscuit

Morning Pastry to Go

With: Southern Grits

Fruity Delights (1-2):

Assorted Juice

Chilled Pears

Thursday, October 24

Great Beginnings

Cheesy Scrambled Eggs with Toast

Choice of Cereal with Toast

Pancake N Link

Fruity Delights (1-2):

Assorted Juice

Banana

Friday, October 25

Great Beginnings

Choice of Cereal with Blueberry Muffin Bread

Turkey Sausage Biscuit

Island Parfait

Fruity Delights (1-2):

Assorted Juice

Applesauce

Monday, October 28

Great Beginnings

Country Chicken Biscuit

Turkey Sausage Biscuit

Choice of Cereal with Buttermilk Biscuit

Fruity Delights (1-2):

Assorted Juice

Seasonal Fresh Fruit

Tuesday, October 29

Great Beginnings

Breakfast Pizza

Toasted Croissant with Jelly

Overnight Oats Extravaganza

Fruity Delights (1-2):

Assorted Juice

Sliced Peaches

Wednesday, October 30

Great Beginnings

Peaches N Cream Parfait

Turkey Sausage Biscuit

Morning Pastry To Go

With: Southern Grits

Fruity Delights (1-2):

Assorted Juice

Chilled Pears

Thursday, October 31

Great Beginnings

Maple French Toast Sticks with Turkey Sausage Link

Assorted Cereal with Blueberry Muffin Bread

Avocado Cheese Toast

Fruity Delights (1-2):

Assorted Juice

Banana

Friday, November 1

Great Beginnings

Scrambled Eggs With Turkey Bacon & Toast

Hot Cinnamon Roll

Assorted Cereal with Toast

Fruity Delights (1-2):

Assorted Juice

Applesauce

