

High School Breakfast October 2021

Monday, October 4

Great Beginnings

Cinnamon Toast Crunch Bowl
(2oz)
Or
Mini WG French Toast V

Fruity Delights

Orange Juice
Fresh Gala Apple

Tuesday, October 5

Great Beginnings

Turkey Sausage Biscuit
Or
Raspberry Yogurt with
Granola V

Fruity Delights

Apple Juice
Sliced Peaches

Wednesday October 6

Great Beginnings

Assorted Cereal with Graham
Crackers V
Or
Cinnamon Roll V

Fruity Delights

Orange Juice
Banana

Thursday, October 7

Great Beginnings

Chicken Biscuit
Or
Mini WG Waffles V

Fruity Delights

Mixed Fruit Juice
Fresh Fruit

(Inclement Weather Day 1)

Friday, October 1

Great Beginnings

Assorted Cereal (1oz) with
Biscuit V
or
Strawberry Banana Yogurt &
Granola V

Fruity Delights

Mixed Fruit Juice
Fruit Cocktail

Friday, October 8

Great Beginnings

Assorted Cereal (1oz) with
Biscuit V
Or
Bagel with Cream Cheese V

Fruity Delights

Orange Tangerine Juice
Fruit Cocktail

(Inclement Weather Day 2)

Monday, October 11

*Columbus
Day*

No School Today



Tuesday, October 12

Great Beginnings

Turkey Sausage Biscuit
Or
Blueberry Pop Tarts (2)V

Fruity Delights

Mixed Fruit Juice
Sliced Peaches

Wednesday, October 13

Great Beginnings

Pancake N Link
or
Cinnamon Oatmeal Round V

Fruity Delights

Apple Juice
Banana

Thursday, October 14

Great Beginnings

Chicken Biscuit
or
Whole Grain Chocolate Muffin
& Cheese Cubes V

Fruity Delights

Orange Tangerine Juice
Fresh Apple

Friday, October 15

Great Beginnings

Assorted Cereal (1oz) with
Biscuit V
or
Strawberry Banana Yogurt &
Granola V

Fruity Delights

Mixed Fruit Juice
Fruit Cocktail

First things First

To make a breakfast,
choose at least one



or



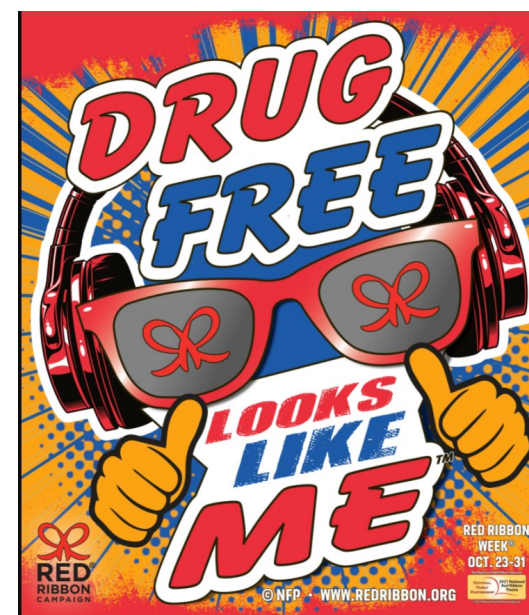
and at
least
three
items
total



Milk Served with All Meals



Monday, October 18	Tuesday, October 19	Wednesday, October 20	Thursday, October 21	Friday, October 22
Great Beginnings Cinnamon Toast Crunch Bowl (2oz) Or Mini WG French Toast V	Great Beginnings Turkey Sausage Biscuit Or Raspberry Yogurt with Granola V	Great Beginnings Assorted Cereal with Graham Crackers V Or Cinnamon Roll V	Great Beginnings Chicken Biscuit Or Mini WG Waffles V	Great Beginnings Assorted Cereal (1oz) with Biscuit V Or Bagel with Cream Cheese V
Fruity Delights Orange Juice Fresh Gala Apple	Fruity Delights Apple Juice Sliced Peaches	Fruity Delights Orange Juice Banana	Fruity Delights Mixed Fruit Juice Fresh Fruit	Fruity Delights Orange Tangerine Juice Fruit Cocktail



Monday, October 25	Tuesday, October 26	Wednesday, October 27	Thursday, October 28	Friday, October 29
Great Beginnings Spicy Chicken Biscuit or Blueberry Pop Tarts (2)V	Great Beginnings Turkey Sausage Biscuit Or Blueberry Pop Tarts (2)V	Great Beginnings Pancake N Link or Cinnamon Oatmeal Round V	Great Beginnings Chicken Biscuit or Whole Grain Chocolate Muffin & Cheese Cubes V	Great Beginnings Assorted Cereal (1oz) with Biscuit V or Strawberry Banana Yogurt & Granola V
Fruity Delights Orange Tangerine Juice Fresh Gala Apple	Fruity Delights Mixed Fruit Juice Sliced Peaches	Fruity Delights Apple Juice Banana	Fruity Delights Orange Tangerine Juice Fresh Apple	Fruity Delights Mixed Fruit Juice Fruit Cocktail