

# October 2022

## Middle/High Breakfast

MON	TUE	WED	THU	FRI
<b>3 Great Beginnings</b> Pancake N Link  Bagel with Cream Cheese  <b>Fruity Delights (1-2):</b> Assorted Juice Seasonal Fresh Fruit	<b>4 Great Beginnings</b> Breakfast Pizza  Cinnamon Pancakes  <b>Fruity Delights (1-2):</b> Assorted Juice Sliced Peaches	<b>5 Great Beginnings</b> Turkey Sausage Biscuit  Raspberry Yogurt with Chocolate Muffin  <i>With: Southern Grits</i>  <b>Fruity Delights (1-2):</b> Assorted Juice Chilled Pears	<b>6 Great Beginnings</b> Chicken & Waffle  School Baked Cinnamon Roll  <b>Fruity Delights (1-2):</b> Assorted Juice Seasonal Fresh Fruit	7           Professional Development Day
10  <i>Fall Break</i>  	<b>11 Great Beginnings</b> Cheesy Scrambled Eggs with Toast  Morning Pastry to Go  <b>Fruity Delights (1-2):</b> Assorted Juice Sliced Peaches	<b>12 Great Beginnings</b> Spinach & Cheese Omelet With Biscuit  WG Pancakes with Syrup  <b>Fruity Delights (1-2):</b> Assorted Juice Seasonal Fresh Fruit	<b>13 Great Beginnings</b> Spicy Chicken Biscuit  Apple Crisp Parfait  <i>With: Southern Grits</i>  <b>Fruity Delights (1-2):</b> Assorted Juice Chilled Pears	<b>14 Great Beginnings</b> French Toast with Turkey Sausage Links  Choice of Cereal with Biscuit  <b>Fruity Delights (1-2):</b> Assorted Juice Seasonal Fresh Fruit
<b>17 Great Beginnings</b> Pancake N Link  Bagel with Cream Cheese  <b>Fruity Delights (1-2):</b> Assorted Juice Seasonal Fresh Fruit	<b>18 Great Beginnings</b> Breakfast Pizza  Cinnamon Pancakes  <b>Fruity Delights (1-2):</b> Assorted Juice Sliced Peaches	<b>19 Great Beginnings</b> Turkey Sausage Biscuit  Raspberry Yogurt with Chocolate Muffin  <b>Fruity Delights (1-2):</b> Assorted Juice Chilled Pears	<b>20 Great Beginnings</b> Chicken & Waffle  School Baked Cinnamon Roll  <b>Fruity Delights (1-2):</b> Assorted Juice Seasonal Fresh Fruit	<b>21 Great Beginnings</b> Scrambled Eggs /Biscuit With Turkey Bacon  Cinnamon Toast Crunch Pastry  <i>With: Southern Grits</i>  <b>Fruity Delights (1-2):</b> Assorted Juice <i>F2S Apple</i>  National Apple Day
<b>24 Great Beginnings</b> Turkey Sausage Biscuit  Choice of Cereal with Biscuit  <b>Fruity Delights (1-2):</b> Assorted Juice Seasonal Fresh Fruit	<b>25 Great Beginnings</b> Cheesy Scrambled Eggs with Toast  Morning Pastry to Go  <b>Fruity Delights (1-2):</b> Assorted Juice Sliced Peaches	<b>26 Great Beginnings</b> Spinach & Cheese Omelet with Biscuit  WG Pancakes with Syrup  <b>Fruity Delights (1-2):</b> Assorted Juice Seasonal Fresh Fruit	<b>27 Great Beginnings</b> Spicy Chicken Biscuit  Apple Crisp Parfait  <i>With: Southern Grits</i>  <b>Fruity Delights (1-2):</b> Assorted Juice Chilled Pears	<b>28 Great Beginnings</b> French Toast with Turkey Sausage Links  Choice of Cereal with Biscuit  <b>Fruity Delights (1-2):</b> Assorted Juice Seasonal Fresh Fruit
<b>31 Great Beginnings</b> Pancake N Link  Bagel with Cream Cheese  <b>Fruity Delights (1-2):</b> Assorted Juice Seasonal Fresh Fruit	<b>1 Great Beginnings</b> Breakfast Pizza  Cinnamon Pancakes  <b>Fruity Delights (1-2):</b> Assorted Juice Sliced Peaches	<b>2 Great Beginnings</b> Turkey Sausage Biscuit  Raspberry Yogurt with Chocolate Muffin  <i>With: Southern Grits</i>  <b>Fruity Delights (1-2):</b> Assorted Juice Chilled Pears	<b>3 Great Beginnings</b> Chicken & Waffle  School Baked Cinnamon Roll  <b>Fruity Delights (1-2):</b> Assorted Juice Seasonal Fresh Fruit	<b>4 Great Beginnings</b> Scrambled Eggs /Biscuit With Turkey Bacon  Cinnamon Toast Crunch Pastry  <i>With: Southern Grits</i>  <b>Fruity Delights (1-2):</b> Assorted Juice Applesauce

**This institution is an equal opportunity provider.**  
**Milk available with all meals.**