

# October 2022

## Pre-K Breakfast

| MON  | TUE  | WED  | THU   | FRI   |
|--|--|--|---|---|
| 3<br>Pancake N Link<br>Orange Juice<br>Non-Flavored Milk   | 4<br>Breakfast Pizza<br>Sliced Peaches<br>Non-Flavored Milk                      | 5<br>Turkey Sausage Biscuit<br>Orange Juice<br>Non-Flavored Milk                   | 6<br>Chicken & Waffle<br>Grape Juice<br>Non-Flavored Milk           | 7<br><br>Professional<br>Development Day  |
| 10<br><br><i>Fall Break</i><br><br> | 11<br>Frosted Shredded Wheat<br>with Toast<br>Apple Juice<br>Non-Flavored Milk   | 12<br>Spinach & Cheese Omelet<br>With Biscuit<br>Orange Juice<br>Non-Flavored Milk | 13<br>Chicken Biscuit<br>Chilled Pears<br>Non-Flavored Milk         | 14<br>Frosted Shredded Wheat<br>with<br>Biscuit<br>Grape Juice<br>Non-Flavored Milk   |
| 17<br>Bagel with Cream Cheese<br>Orange Juice<br>Non-Flavored Milk   | 18<br>Breakfast Pizza<br>Sliced Peaches<br>Non-Flavored Milk                     | 19<br>Turkey Sausage Biscuit<br>Orange Juice<br>Non-Flavored Milk                  | 20<br>Chicken & Waffle<br>Seasonal Fresh Fruit<br>Non-Flavored Milk | 21<br>Scrambled Eggs /Biscuit<br><b>F2S Apple</b><br>Non-Flavored Milk<br><br>National Apple Day<br><br> |
| 24<br>Frosted Shredded Wheat with<br>Biscuit<br>Orange Juice<br>Non-Flavored Milk                                    | 25<br>Cheesy Scrambled Eggs<br>with Toast<br>Sliced Peaches<br>Non-Flavored Milk | 26<br>Spinach & Cheese Omelet<br>with Biscuit<br>Orange Juice<br>Non-Flavored Milk | 27<br>Chicken Biscuit<br>Grape Juice<br>Non-Flavored Milk           | 28 <b>Great Beginnings</b><br>French Toast with Turkey<br>Sausage Link<br>Sliced Apples<br>Non-Flavored Milk  |
| 31<br>Pancake N Link<br>Orange Juice<br>Non-Flavored Milk  | 1<br>Breakfast Pizza<br>Sliced Peaches<br>Non-Flavored Milk                      | 2<br>Turkey Sausage Biscuit<br>Orange Juice<br>Non-Flavored Milk                   | 3<br>Chicken & Waffle<br>Grape Juice<br>Non-Flavored Milk           | 4<br>Scrambled Eggs /Biscuit<br>Orange Juice<br>Non-Flavored Milk   |

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