

October 2023

Middle/ High Breakfast

MON	TUE	WED	THU	FRI
2 Great Beginnings Pancake N Link Assorted Cereal with Biscuit Select 1-2: Grape Juice Fresh Orange Wedges	3 Great Beginnings Breakfast Pizza Apple Crunch Parfait Select 1-2: Apple Juice Diced Pears	4 Great Beginnings Turkey Sausage Biscuit School Baked Cinnamon Roll Select 1-2: Orange Tangerine Juice Fresh Apple	5 Great Beginnings Cinnamon Pancakes Chicken Biscuit <i>With: Cheese Grits</i> Select 1-2: Fruit Punch Juice Fresh Banana	6 
9 	10 Great Beginnings Belgian Waffle Cheesy Scrambled Eggs with Biscuit Select 1-2: Apple Juice Diced Peaches	11 Great Beginnings Scrambled Egg & Cheese Bagel Peaches & Cream Parfait Select 1-2: Orange Tangerine Juice Fresh Apple	12 Great Beginnings French Toast Sticks With Turkey Sausage Links Spinach & Cheese Omelet with Biscuit Select 1-2: Fruit Punch Juice Chilled Pears	13 Great Beginnings Chicken Biscuit Breakfast Burrito with Salsa <i>With: Southern Grits</i> Select 1-2: Assorted Juice Assorted Fresh Fruit
16 Great Beginnings Pancake N Link Assorted Cereal with Biscuit Select 1-2: Grape Juice Fresh Orange Wedges	17 Great Beginnings Breakfast Pizza Apple Crunch Parfait Select 1-2: Apple Juice Diced Pears	18 Great Beginnings Turkey Sausage Biscuit School Baked Cinnamon Roll Select 1-2: Orange Tangerine Juice Fresh Apple	19 Great Beginnings Cinnamon Pancakes Chicken Biscuit <i>With: Cheese Grits</i> Select 1-2: Fruit Punch Juice Fresh Banana	20 Great Beginnings Scrambled Eggs /Biscuit With Turkey Bacon Blueberry Whole Grain Donut Holes Select 1-2: Assorted Juice
23 Great Beginnings Turkey Sausage Biscuit Assorted Cereal with Biscuit Select 1-2: Grape Juice Fresh Orange Wedges	24 Great Beginnings Belgian Waffle Cheesy Scrambled Eggs with Biscuit Select 1-2: Apple Juice Diced Peaches	25 Great Beginnings Scrambled Egg & Cheese Bagel Peaches & Cream Parfait Select 1-2: Orange Tangerine Juice Fresh Apple	26 Great Beginnings French Toast Sticks With Turkey Sausage Links Spinach & Cheese Omelet with Biscuit Select 1-2: Fruit Punch Juice Farm to School Pears	27 Great Beginnings Chicken Biscuit Breakfast Burrito with Salsa <i>With: Southern Grits</i> Select 1-2: Assorted Juice Assorted Fresh Fruit
30 Great Beginnings Pancake N Link Assorted Cereal with Biscuit v Select 1-2: Grape Juice Fresh Orange Wedges	31 Great Beginnings Breakfast Pizza Apple Crunch Parfait v Select 1-2: Apple Juice Diced Pears	1 Great Beginnings Turkey Sausage Biscuit School Baked Cinnamon Roll v Select 1-2: Orange Tangerine Juice Fresh Apple	2 Great Beginnings Cinnamon Pancakes Chicken Biscuit <i>With: Cheese Grits</i> Select 1-2: Fruit Punch Juice Fresh Banana	3 Great Beginnings Scrambled Eggs /Biscuit With Turkey Bacon Blueberry Whole Grain Donut Holes v Select 1-2: Assorted Juice Applesauce

This institution is an equal opportunity provider.

Milk is available with all meals.

V = Vegetarian Item