

# October 2023

## Elementary Breakfast

MON	TUE	WED	THU	FRI
2  Pancake N Link  Grape Juice Fresh Orange Wedges	3  Breakfast Pizza  Apple Juice Diced Pears	4  Turkey Sausage Biscuit  Orange Tangerine Juice Fresh Apple Wedges	5  Cinnamon Chex with Toast Fruit Punch Juice Fresh Pear Fresh Banana	6  
9  	10  Belgian Waffle Apple Juice Diced Peaches	11  Raspberry Yogurt with Cinnamon Goldfish Grahams Orange Tangerine Juice	12  Spinach & Cheese Omelet with Toast <b>With: Southern Grits</b> Fruit Punch Juice	13  Breakfast Burrito with Salsa  Assorted Juice
16  Blueberry Chex with Cheese Stick Grape Juice	17  Breakfast Pizza  Diced Pears	18  Turkey Sausage Biscuit  Orange Tangerine Juice	19  Frosted Mini Wheats with Toast <b>With: Cheese Grits</b> Fresh Pear	20  Scrambled Eggs /Toast  Assorted Juice
23  Frosted Mini Wheats with Biscuit Fresh Orange Wedges	24  Cheesy Scrambled Eggs with Toast Apple Juice	25  Scrambled Egg & Cheese Orange Tangerine Juice Fresh Apple Wedges	26  Spinach & Cheese Omelet with Toast <b>With: Southern Grits</b> <b>Farm to School Pear</b>  	27  Breakfast Burrito with Salsa  Assorted Juice
30  Pancake N Link Grape Juice	31  Breakfast Pizza Apple Juice	1  Turkey Sausage Biscuit Fresh Apple Wedges	2  Frosted Mini Wheats with Toast  Fruit Punch Juice	3  Scrambled Eggs /Toast  Applesauce

V = Vegetarian Item

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