

# Middle / High School Breakfast

# OCTOBER 2019

Mon	Tue	Wed	Thu	Fri
<b>SEPT 30</b> <b>BREAKFAST PIZZA</b> (Turkey sausage and Cheese) <b>YOGURT</b> <b>FRUIT</b> <b>100% FRUIT JUICE</b>	<b>1</b> <b>PANCAKES &amp; HASH BROWN</b> <b>BERRIES</b> <b>100% FRUIT JUICE</b>	<b>2</b> <b>BREAKFAST SANDWICH</b> (Chicken Sausage, Egg, and Cheese on an English Muffin) <b>FRUIT</b> <b>100% FRUIT JUICE</b>	<b>3</b> <b>FRITTATA</b> (Turkey Sausage & Cheese) Graham Cracker <b>FRUIT</b> <b>100% FRUIT JUICE</b>	<b>4</b> <b>FRENCH TOAST &amp; CHICKEN SAUSAGE PATTY</b> <b>APPLESAUCE CUP</b> <b>100% FRUIT JUICE</b>
<b>7</b> <b>BREAKFAST PIZZA</b> (Turkey sausage and Cheese) <b>YOGURT</b> <b>FRUIT</b> <b>100% FRUIT JUICE</b>	<b>8</b> <b>WHOLE GRAIN CINNAMON ROLL</b> <b>BANANA</b> <b>100% FRUIT JUICE</b>	<b>9</b> <b>BREAKFAST SANDWICH</b> (Chicken Sausage, Egg, and Cheese on an English Muffin) <b>FRUIT</b> <b>100% FRUIT JUICE</b>	<b>10</b> <b>BREAKFAST BURRITO</b> (Chicken Sausage, Egg, and Cheese on Tortilla) <b>FRUIT</b> <b>100% FRUIT JUICE</b>	<b>11</b> <b>FRENCH TOAST &amp; HASH BROWN</b> <b>APPLESAUCE CUP</b> <b>100% FRUIT JUICE</b>
<b>14</b> <b>BREAKFAST PIZZA</b> (Turkey sausage and Cheese) <b>YOGURT</b> <b>FRUIT</b> <b>100% FRUIT JUICE</b>	<b>15</b> <b>PANCAKES &amp; HASH BROWN</b> <b>BERRIES</b> <b>100% FRUIT JUICE</b>	<b>16</b> <b>BREAKFAST SANDWICH</b> (Chicken Sausage, Egg, and Cheese on an English Muffin) <b>FRUIT</b> <b>100% FRUIT JUICE</b>	<b>17</b> <b>NO SCHOOL</b>	<b>18</b> <b>NO SCHOOL</b>
<b>21</b> <b>BREAKFAST PIZZA</b> (Turkey sausage and Cheese) <b>YOGURT</b> <b>FRUIT</b> <b>100% FRUIT JUICE</b>	<b>22</b> <b>WHOLE GRAIN CINNAMON ROLL</b> <b>BANANA</b> <b>100% FRUIT JUICE</b>	<b>23</b> <b>BREAKFAST SANDWICH</b> (Chicken Sausage, Egg, and Cheese on an English Muffin) <b>FRUIT</b> <b>100% FRUIT JUICE</b>	<b>24</b> <b>BREAKFAST BURRITO</b> (Chicken Sausage, Egg, and Cheese on Tortilla) <b>FRUIT</b> <b>100% FRUIT JUICE</b>	<b>25</b> <b>FRENCH TOAST &amp; HASH BROWN</b> <b>APPLESAUCE CUP</b> <b>100% FRUIT JUICE</b>
<b>28</b> <b>NO SCHOOL</b>	<b>29</b> <b>PANCAKES &amp; HASH BROWN</b> <b>BERRIES</b> <b>100% FRUIT JUICE</b>	<b>30</b> <b>BREAKFAST SANDWICH</b> (Chicken Sausage, Egg, and Cheese on an English Muffin) <b>FRUIT</b> <b>100% FRUIT JUICE</b>	<b>31</b> <b>FRITTATA</b> (Turkey Sausage & Cheese) Graham Cracker <b>FRUIT</b> <b>100% FRUIT JUICE</b>	<b>NOV 1</b> <b>FRENCH TOAST &amp; CHICKEN SAUSAGE PATTY</b> <b>APPLESAUCE CUP</b> <b>100% FRUIT JUICE</b>

ADDITIONAL DAILY

**Offered Daily:**  
1% or Skim Milk

**Additional daily cold offerings may include:**

Assorted Cereal, Cheese Stick, Hard Cooked Egg, Sunflower Seeds, Yogurt, Granola, Snack Bread, Graham Crackers, Bagel, Oatmeal Breakfast Round, Breakfast Bar, Fruit and Yogurt Parfaits, PB&J Sandwiches, Toaster Pastry, Mini Cinnamon Rolls, Frudels