

Monday

Frudel **2**
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Columbus Day **9**
No School

Pillsbury Breakfast Bar **16**
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

French Toast Apple Bake **23**
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Waffles **30**
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Tuesday

Cheese Omelet **3**
W/ ½ Bagel
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Mini-Waffles **10**
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Breakfast Pizza **17**
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Scrambled Eggs **24**
w/ ½ Bagel
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

"Candy Corn" Parfait **31**
Bananas, Oranges, Vanilla
Yogurt & Granola
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Wednesday

Blueberry Croissant **4**
Casserole
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Cinni-Minis **11**
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Breakfast on a Stick **18**
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Apple Nachos **25**
W/Yogurt, Berries, & Granola
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Thursday

Yogurt & Pop Tart **5**
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Muffins **12**
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Yogurt & Muffin **19**
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

National Pumpkin Day **26**
Pumpkin Overnight
Oats
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Friday

Staff Development Day **6**
No School

Breakfast Sandwich **13**
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Breakfast Sandwich **20**
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Breakfast Sandwich **27**
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Available Daily: Assorted Cereal, Assorted Cereal w/ ½ Bagel, Bagel w/ Cream Cheese,
(Pop Tart and Smoothies – MS/HS only)
Milk Choices: 1% White, FF Chocolate