



# OCTOBER 2021 BREAKFAST MENU



| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | <b><u>School News</u></b>  |
|---|---|--|---|---|--|
|   |   |  |   | <b>1</b><br>Cereal<br>Breakfast Bar<br>Fruit & Juice<br>Milk  | <p><b>Energize Your Day!<br/>Eat School<br/>Breakfast</b><br/> <i>Available to all students K-12</i></p> <p><b>Breakfast is Free for<br/>all students for the<br/>2021-2022<br/>school year</b></p> <p>A' la Carte breakfast items are available to purchase.</p> <p>Breakfast is served in both commons from 7:40 am until the start of the school day. Breakfast is served on a 2-hour delayed day. No breakfast is served on a 3-hour delay.</p> <p><i>FREE Online Meal Account Service: <a href="http://www.k12paymentcenter.com">www.k12paymentcenter.com</a> is a convenient way to manage your student's meal account online.</i></p> |
| <b>4</b><br>Cereal<br>WG Muffin<br>Fruit & Juice<br>Milk  | <b>5</b><br>Cereal<br>Cheese Stick or<br>French Toast<br>Fruit & Juice<br>Milk        | <b>6</b><br>Cereal<br>Poptart<br>Fruit & Juice<br>Milk           | <b>7</b><br>Cereal<br>Graham Cracker or<br>Pancake Wrap<br>Fruit & Juice<br>Milk      | <b>8</b><br>Cereal<br>Yogurt<br>Fruit & Juice<br>Milk         |  |
| <b>11</b><br>No School                                    | <b>12</b><br>Cereal<br>WG Muffin<br>Fruit & Juice<br>Milk                             | <b>13</b><br>Cereal<br>Cocoa Cherry Bar<br>Fruit & Juice<br>Milk | <b>14</b><br>Cereal<br>Yogurt or<br>Oatmeal Cinnamon Bar<br>Fruit & Juice<br>Milk     | <b>15</b><br>Cereal<br>Donut<br>Fruit & Juice<br>Milk         |  |
| <b>18</b><br>Cereal<br>WG Muffin<br>Fruit & Juice<br>Milk | <b>19</b><br>Cereal<br>Biscuit/Jelly or<br>Egg Cheese Omelet<br>Fruit & Juice<br>Milk | <b>20</b><br>Cereal<br>Yogurt<br>Fruit & Juice<br>Milk           | <b>21</b><br>Cereal<br>Graham Cracker or<br>Cinnamon Pretzel<br>Fruit & Juice<br>Milk | <b>22</b><br>Cereal<br>Breakfast Bar<br>Fruit & Juice<br>Milk |  |
| <b>25</b><br>Cereal<br>WG Muffin<br>Fruit & Juice<br>Milk | <b>26</b><br>Cereal<br>Cheese Stick or<br>French Toast<br>Fruit & Juice<br>Milk       | <b>27</b><br>Cereal<br>Poptart<br>Fruit & Juice<br>Milk          | <b>28</b><br>Cereal<br>Graham Cracker or<br>Pancake Wrap<br>Fruit & Juice<br>Milk     | <b>29</b><br>Cereal<br>Yogurt<br>Fruit & Juice<br>Milk        |  |