



# October

2017

## Breakfast Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>2</b>	Pancakes String cheese Orange juice Peaches Low fat milk	<b>3</b>	Scrambled egg Potato Hash browns Orange Juice Sliced Pears Low fat milk	<b>4</b>	Mini Cinnamon Buns String Cheese Apple slices Fruit Blend Low fat milk	<b>5</b>	Hot Egg & Cheese Bagel Diced Pears Apple Juice Low fat milk	<b>6</b>	Egg & Cheese Sandwich on a WG Roll Orange Juice Mixed Fruit Low fat milk
<b>9</b>	<b>Columbus Day Schools Closed</b>	<b>10</b>	Mini Cinnamon Buns String Cheese Apple slices Fruit Blend Low fat milk	<b>11</b>	Hot Egg & Cheese Bagel Blueberries Apple Juice Low fat milk	<b>12</b>	Pancakes String cheese Orange juice Peaches Low fat milk	<b>13</b>	Egg & Cheese Sandwich on a WG Roll Apple Juice Mixed Fruit Low fat milk
<b>16</b>	Mini Cinnamon Buns String Cheese Apple slices Juice Low fat milk	<b>17</b>	French Toast Sticks Sausage Diced Pears Orange juice Low fat Milk	<b>18</b>	Hot Egg & Cheese Bagel Fruit Cup Apple Juice Low fat milk	<b>19</b>	Cheese Omlet Hash Brown Potatoes Orange Juice Pears	<b>20</b>	Scrambled egg Potato Hash browns Orange Juice Diced Pears Low fat milk
<b>23</b>	Hot Egg & Cheese Bagel Fruit Cup Apple Juice Low fat milk	<b>24</b>	Mini Cinnamon Buns String Cheese Sliced Apples Juice Low fat milk	<b>25</b>	Scrambled egg Potato Hash browns Orange Juice Sliced Pears	<b>26</b>	Hot Egg & Cheese Bagel Blueberries Apple Juice Low fat milk	<b>27</b>	French Toast Sticks String Cheese Fruit Cup Orange juice
<b>30</b>	French Toast Sticks Sausage Diced Pears Orange juice Low fat Milk	<b>31</b>	Scrambled egg Potato Hash browns Orange Juice Diced Pears Low fat milk	<p><b>Did you know that if you are on the free or reduced meal program for lunch, you are entitled to the same meal benefit at breakfast? So start your day with a healthy, delicious breakfast in your cafeteria!</b></p> <p><b>Lunch Applications available at main office Apply today.</b></p>					

### Special News...

Breakfast for students \$1.00

Available Daily:  
Hot Egg, Cheese and sausage SDW  
Assorted WG Breakfast Cereals  
WG Bagels  
Low fat Yogurts  
All breakfast meals must include a fruit and or a 100% fruit juice

Questions?  
Please Contact Barbara Stabile, Food Service Director with Aramark 274-4144

Menus are subject to change without notice.