

High School & Middle School Breakfast Menu October 2015

Monday	Carbs	Tuesday	Carbs	Wednesday	Carbs	Thursday	Carbs	Friday	Carbs
						1 Bagel Cream Cheese Diced Pears 100% Juice Cup Milk (assorted)	29 1 16 15 15	2 Mini Muffins CC Coco puffs Bar Mandarin Oranges 100% Juice Cup Milk (assorted)	32 30 17 15 15
5 Mini French Toast Red Delicious Apple 100% Juice Cup Milk (assorted)	37 22 15 15	6 Bagel Cream Cheese Diced Peaches 100% Juice Cup Milk (assorted)	29 1 13 15 15	7 Mini Cinis (Hot) Banana 100% Juice Cup Milk (assorted)	40 29 15 15	8 Trix Cereal Bar Strawberry Yogurt Apple Slices 100% Juice Cup Milk (assorted)	30 16 17 15 15	9 Institute Day No School	
12 Columbus Day No School		13 Egg & Cheese Muffin Orange Wedges 100% Juice Cup Milk (assorted)	26 21 15 15	14 Mini Pancakes Maple Applesauce 100% Juice Cup Milk (assorted)	41 15 15 15	15 Bagel Cream Cheese Diced Pears 100% Juice Cup Milk (assorted)	29 1 16 15 15	16 Mini Muffins CC Coco puffs Bar Mandarin Oranges 100% Juice Cup Milk (assorted)	32 30 17 15 15
19 Mini French Toast Red Delicious Apple 100% Juice Cup Milk (assorted)	37 22 15 15	20 Bagel Cream Cheese Diced Peaches 100% Juice Cup Milk (assorted)	29 1 13 15 15	21 Mini Cinis (Hot) Banana 100% Juice Cup Milk (assorted)	40 29 15 15	22 Trix Cereal Bar Strawberry Yogurt Apple Slices 100% Juice Cup Milk (assorted)	30 16 17 15 15	23 Sunrise Flatbread Mixed Fruit 100% Juice Cup Milk (assorted)	21 17 15 15
26 Blueberry Muffin WG Scooby Doo Snack Banana 100% Juice Cup Milk (assorted)	30 21 29 15 15	27 Egg & Cheese Muffin Orange Wedges 100% Juice Cup Milk (assorted)	26 21 15 15	28 Mini Pancakes Maple Applesauce 100% Juice Cup Milk (assorted)	41 15 15 15	29 Bagel Cream Cheese Diced Pears 100% Juice Cup Milk (assorted)	29 1 16 15 15	30 Mini Muffins CC Coco puffs Bar Mandarin Oranges 100% Juice Cup Milk (assorted)	32 30 17 15 15

Milk is included with all Meals
Cereal available Daily

Breakfast
\$1.75
Milk \$.40

Menu subject to change.
Advance notice will be given when possible.

Disclaimer about Carbs
The carbohydrate information provided is to the best of our knowledge by information received from the product manufacturer.

Please note that food product substitutions made due to food shortages may alter the carbohydrate information indicated on the menu.

For students with allergies or other nutritional concerns, please visit your school's food service office, where full nutritional information is available.

