

Breakfast Cycle Menu - October/November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
10/28/24	10/29/24	10/30/24	10/31/24	11/1/24
Assorted Cereal Bar or Assorted Cereals or Cereal Bar	Mini Maple Waffles or Assorted Cereals or Cereal Bar	Ham, Egg, & Cheese on a English Muffin or Assorted Cereals or Cereal Bar	Cherry Strudel or Assorted Cereals or Cereal Bar	Sauage, Egg & Ceese Croissant or Assorted Cereals or Cereal Bar
Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
11/4/24	11/5/24	11/6/24	11/7/24	11/8/24
Pancake & Sausage Wrap or Assorted Cereals or Cereal Bar	NO SCHOOL	Breakfast Pizza w/ Turkey Sausage or Assorted Cereals or Cereal Bar	Mini Pancakes or Assorted Cereals or Cereal Bar	Egg & Cheese on Bagel or Assorted Cereals or Cereal Bar
Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk		Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
11/11/24	11/12/24	11/13/24	11/14/24	11/15/24
Mini Cinnamon Rolls or Assorted Cereals or Cereal Bar	Strawberry & Cream Cheese Bagel Bites or Assorted Cereals or Cereal Bar	Sausgae & Cheese on a Biscuit or Assorted Cereals or Cereal Bar	Apple Strudel or Assorted Cereals or Cereal Bar	Ham, Egg & Cheese Croissant or Assorted Cereals or Cereal Bar
Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
11/18/24	11/19/24	11/20/24	11/21/24	11/22/24
Assorted Cereal Bar or Assorted Cereals or Cereal Bar	Mini Maple Waffles or Assorted Cereals or Cereal Bar	Ham, Egg, & Cheese on a English Muffin or Assorted Cereals or Cereal Bar	Cherry Strudel or Assorted Cereals or Cereal Bar	Cheese Omelet or Assorted Cereals or Cereal Bar
Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
11/25/24	11/26/24	11/27/24	11/28/24	11/29/24
Pancake & Sausage Wrap or Assorted Cereals or Cereal Bar	Mini French Toast or Assorted Cereals or Cereal Bar	NO SCHOOL	NO SCHOOL	NO SCHOOL
Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk			

What is a Meal?
 You must choose at least 3 of the 4 components available for the school breakfast price.
Choice of: Grain or grain/protein
Choice of fruit or vegetable (must take at least a 1/2 cup) and
Choice of Milk
Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry

You must take at least 1/2 cup of fruit or vegetable

Whole Grain Cereal Selection May Include:
 Cinnamon Toast Crunch
 Trix
 Cocoa Puffs
 Fruity Cheerios
 Rice Crunch
 Kix
 Cheerios
 Fruit Loops
 Frosted Flakes

Fruit May Include:
 Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange), fresh fruit selection including apples, bananas and oranges

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Student Paid Breakfast \$0.00 Student Reduced Breakfast \$0.00 Adult Breakfast \$2.85

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