

OCTOBER 2020

Middle/High School Breakfast Menu
Mon/Tues & Thru/Fri

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW?

September in the Northern Hemisphere is similar to March in the Southern Hemisphere.

5
NUTRITION BARS
FRUIT MILK

6
HOT COOK'S CHOICE
FRUIT MILK

7
OTHER ENTRÉE' OPTIONS
EVERYDAY ON SIDE OF MENU

1
HOT COOK'S CHOICE
FRUIT MILK

2
NUTRITION BARS
FRUIT MILK

12
NO SCHOOL
COLUMBUS DAY

13
NUTRITION BARS
FRUIT MILK

14
OTHER ENTRÉE' OPTIONS are CEREAL & GRAHAM CRACKERS or YOGURT & GRAHAM CRACKERS or WG POP TARTS

15
HOT COOK'S CHOICE
FRUIT MILK

16
NUTRITION BARS
FRUIT MILK

19
NUTRITION BARS
FRUIT MILK

20
HOT COOK'S CHOICE
FRUIT MILK

21
OTHER ENTRÉE' OPTIONS
EVERYDAY ON SIDE OF MENU

22
HOT COOK'S CHOICE
FRUIT MILK

23
NUTRITION BARS
FRUIT MILK

26
NUTRITION BARS
FRUIT MILK

27
HOT COOK'S CHOICE
FRUIT MILK

28
OTHER ENTRÉE' OPTIONS are CEREAL & GRAHAM CRACKERS or YOGURT & GRAHAM CRACKERS or WG POP TARTS

29
HOT COOK'S CHOICE
FRUIT MILK

30
NUTRITION BARS
FRUIT MILK

OTHER ENTRÉE' OPTIONS EVERYDAY...
CEREAL & GRAHAM CRACKERS or **YOGURT & GRAHAM CRACKERS**
or
WG POP TARTS

Milk is 1%, Skim or Low Fat
Chocolate Breads are Whole Grain, Wheat or Whole Grain White

All students may eat for FREE!!

IMPORTANT NOTE:
Students must have a minimum of 3 items & 1 must be fruit /fruit juice on their tray in order for it to count as a complete breakfast

Please turn in your free & reduced applications by Monday October 19th

Menu is subject to change depending on availability of food product.