

ES/IS Breakfast				October 2019	
	Monday	Tuesday	Wednesday	Thursday	Friday
Sep 30-Oct 4	Muffin OR Cereal	Pancakes	Breakfast Pizza OR	Chicken Patty/Egg/Toast	Frudel
	Cheese Stick or Yogurt	OR Cereal Bar w/Cheese	Cereal w/Cheese	OR Cereal Bar w/Cheese	OR Cereal w/Cheese
	Fruit/Juice	Stick or Yogurt	Stick or Yogurt	Stick or Yogurt	Stick or Yogurt
	Milk	Fruit/Juice	Fruit/Juice	Fruit/Juice	Fruit/Juice
		Milk	Milk	Milk	Milk
Oct 7-11	Benefit Breakfast Bar	Sausage Biscuit OR	Bagelful OR	French Toast	Cinnamon Roll
	Cereal	Cereal Bar w/Cheese	Cereal w/Cheese Stick	OR Cereal Bar w/Cheese	OR Cereal w/Cheese
	Cheese Stick or Yogurt	Stick or Yogurt	or Yogurt	Stick or Yogurt	Stick or Yogurt
	Fruit/Juice	Fruit/Juice	Fruit/Juice	Fruit/Juice	Fruit/Juice
	Milk	Milk	Milk	Milk	Milk
Oct 14-18					
	FALL BREAK	FALL BREAK	FALL BREAK	FALL BREAK	FALL BREAK
Oct 21-25	Muffin OR Cereal	Waffles	Chocolate Turnover OR	Frudel	Chicken Biscuit OR
	Cheese Stick or Yogurt	OR Cereal Bar w/Cheese	Cereal w/Cheese	OR Cereal Bar w/Cheese	Cereal w/Cheese Stick
	Fruit/Juice	Stick or Yogurt	Stick or Yogurt	Stick or Yogurt	or Yogurt
	Milk	Fruit/Juice	Fruit/Juice	Fruit/Juice	Fruit/Juice
		Milk	Milk	Milk	Milk
Oct 28-Nov 1	Cinni Mini OR	Sausage Biscuit OR	Bagelful OR	French Toast	Biscuit/Omelet OR
	Cereal w/Cheese Stick or	Cereal Bar w/Cheese	Cereal w/Cheese Stick	OR Cereal Bar w/Cheese	Cereal w/Cheese Stick
	Cheese Stick or Yogurt	Stick or Yogurt	or Yogurt	Stick or Yogurt	or Yogurt
	Fruit/Juice	Fruit/Juice	Fruit/Juice	Fruit/Juice	Fruit/Juice
	Milk	Milk	Milk	Milk	Milk