



Inola Public Schools Breakfast Menu

October
2021

Fruit and Juice are served daily



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Mini Eggo Waffles OR Choice of Cereal Peach Yogurt Strawberries Apple Juice 1% Milk
4 No school	5 Cinnamon Roll Cheese Stick OR Assorted Cereal Cheese Stick Apple Juice Banana 1% Milk	6 Plain Long John OR Assorted Cereal Graham Crackers Craisins Orange Juice 1% Milk	7 Sausage Breakfast Biscuit OR Choice of Cereal Strawberry Yogurt Fresh Grapes Apple Juice 1% Milk	8 French Toast Snackbread OR Assorted Cereal Graham Crackers Pineapple Tidbits Grape Juice 1% Milk
11 No School Fall break	12 No School Fall Break	13 No School Fall break	14 No School Fall break	15 No School Fall Break
18 No School	19 Apple Bosco Stick OR Choice of Cereal Vanilla Yogurt Diced Peaches Orange Juice 1% Milk	20 Blueberry Loaf OR Choice of Cereal Cheese Stick Fresh Grapes Orange Juice 1% Milk	21 Strawberry Pop-Tart OR Choice of Cereal Graham Crackers Banana Apple Juice 1% Milk	22 Bacon, Egg & Cheese on Biscuit OR Choice of Cereal Strawberry Go-Gurt Fresh Pineapple Grape Juice
25 No school	26 Mini Pancakes OR Assorted Cereal Cheese Stick Craisins Orange Juice 1% Milk	27 Brekkie OR Choice of Cereal Graham Crackers Diced Peaches Orange Juice 1% Milk	28 Banana Chocolate Loaf OR Assorted Cereal Strawberry Go-Gurt Applesauce Fruit Punch 1% Milk	29 Breakfast Burrito OR Choice of Cereal Cheese Stick Diced Pears Grape Juice 1% Milk

All Students

FREE

PRICES

EXTRA INFO

1% White Milk
is included with breakfast.
For questions or comments contact Rebecca
Lamantia, FSD at: 918-543-6282
Or email rlamantia@inola.k12.ok.us

HARVEST OF



THE MONTH

Your MENUS plus more
information on our app
TaHER Food4Life®



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