

October 2022

Elementary Breakfast

MONDAY

1. French Toast
2. Cereal or breakfast bar

National Holiday

1. Bagel with cream cheese
2. Cereal or Breakfast bar

1. Pancakes
2. Cereal or Breakfast bar



TUESDAY

1. Egg and cheese breakfast sandwich
2. Cereal or breakfast bar

1. Breakfast burrito
2. Cereal or Breakfast bar

1. Scrambled eggs and toast
2. Cereal or Breakfast bar

1. Fruit frudel
2. Cereal or Breakfast bar



WEDNESDAY

1. Pancake wrap
2. Cereal or breakfast bar

1. Chicken and waffle bits
2. Cereal or Breakfast bar

1. Breakfast Pizza
2. Cereal or Breakfast bar

1. Fruit or Veggie Bread slices
2. Cereal or Breakfast bar

Did you know?

October has two strikingly different birth flowers: the pastel-hued cosmos, and the radiant marigold.

THURSDAY

1. Banana split parfait
2. Cereal or breakfast bar

1. Blueberry Parfait
2. Cereal or Breakfast bar

1. Apple crisp Parfait
2. Cereal or Breakfast bar

1. Peach cobbler Parfait.
2. Cereal or breakfast bar

FRIDAY



1. Cinnamon Roll
2. Cereal or Breakfast bar

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2. Cereal or Breakfast bar

1. Cinnamon Roll
2. Cereal or Breakfast bar



Notes

2 breakfast options daily along with fruit and milk

Free and reduced meal application expire from last school year. If you have not already applied, please do so before the 7th.

<https://family.titan.k12.com/>

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