

Scrambled Egg

Bacon, Toast

Juice and Milk

Cereal

Nutri-grain Bar

Fruit, Juice and Milk

Cereal or Oatmeal

Banana Bread Slice

Fruit, Juice and Milk

Breakfast Wrap

(Ham-egg-cheese)

Tator tots

Fruit, Juice and Milk

Breakfast Bosco Stick

Yogurt Cup

Fruit, Juice and Milk

Egg Patty

Sausage/cheese on Muffin

Tri-tator

Juice and Milk

No

School

Pancake Bites

Syrup

Sausage Links

Juice and Milk

Breakfast Hot Pocket

Cheese Stick

Juice and Milk

Cereal

Mini Muffin

Fruit, Juice and Milk

Pillsbury Crescents

Chocolate

Yogurt

Juice and Milk

Dutch Waffle

Fresh Fruit

Juice and Milk

Omelet

Sausage, Toast

Juice and Milk

Pancake on a stick

Syrup

Fruit, Juice and Milk

Cereal

Cinnamon Cream Cheese Bagel

Juice and Milk

Breakfast

Bosco Stick

Cheese Stick

Juice and Milk

Breakfast Pizza

Fruit, Juice and Milk

Egg Patty

Sausage/cheese on Muffin

Fruit, Juice and Milk

Biscuit/gravy

Hash brown (HS Only)

Fruit, Juice and Milk

French Toast Bites

Syrup

Yogurt

Fruit, Juice and Milk

No

School

Columbus Day

Cinnamon Roll

Cereal

Fruit, Juice and Milk

Scrambled Eggs

Sausage, Toast

Juice and Milk

**OCTOBER 2018**

Home of the Tornadoes K-12