|  |
| --- |
|  October 2019 Breakfast Menu  |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| HOMECOMING WEEK | 1 | 2 | 3 | 4 |
|  | Blueberry Muffin / Egg & Cheese BiscuitAssorted Cereal / Berry cupMilk /Juice | Pancake Pup / Cereal BarAssorted Cereal / Orange Wedges Milk /Juice  | Chicken Biscuit / Pop-tartAssorted Cereal / GrapesMilk / Juice | Sausage Biscuit / Super Donut Assorted CerealManager’s Choice FruitMilk /Juice |
| 7 | 8 | 9  | 10 | 11 |
| Image result for leaf clip artImage result for leaf clip art **Fall Break!!** Image result for leaf clip artImage result for leaf clip art |
| 14**Teacher Workday/****Student Holiday** | 15Dutch Waffle / Sausage LinkAssorted Cereal / Banana Milk /Juice | 16Super Donut / Cereal BarAssorted Cereal / GrapesMilk /Juice | 17Sausage Biscuit / Pop-TartAssorted Cereal / Sliced PeachesMilk / Juice | 18Scrambled Eggs / Grits / ToastAssorted CerealManager’s Choice FruitMilk / Juice |
| 21 | 22 | 23 | 24 | 25 |
| French Toast / Sausage LinkAssorted Cereal / Tropical FruitMilk / Juice | Blueberry Muffin / Egg & Cheese BiscuitAssorted Cereal / Orange WedgesMilk / Juice | Pancake Pup / Cereal BarAssorted Cereal / Berry cup Milk / Juice | Chicken Biscuit / Pop-tartAssorted Cereal / GrapesMilk / Juice | Sausage Biscuit / Super Donut Assorted CerealManager’s Choice FruitMilk / Juice |
| 28Dutch Waffle / Sausage LinkAssorted Cereal / Fruit CocktailMilk / Juice | 29Good Gravy Pizza / Cereal BarAssorted Cereal / Banana Milk /Juice | 30Super Donut / Cereal BarAssorted Cereal / ApplesauceMilk /Juice | 31Chicken Biscuit / Pop-TartAssorted Cereal / Sliced PeachesMilk / Juice | November 1st Scrambled Eggs / Grits / ToastAssorted CerealManager’s Choice FruitMilk / Juice |
|  School menu subject to change due to food availability. |

OCTOBER Superfood:

**Zucchini**

Zucchini is in season in Georgia from May to October.

It provides our body with nutrients like Vitamin C and Potassium.

***TIP***: Just like with apples (our Superfood from last month),

to get the most nutrients, eat zucchini with the skin on!

 