October 2022 Breakfast
Sharon-Mutual High School

KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pancake Sausage Cereal Applesauce Juice Milk	4 Toast Scrambled Eggs Cereal Fruit/Juice Milk	5 Biscuit and Sausage Gravy Cereal Peaches Juice Milk	6 Breakfast Burrito Cereal Fresh Apple Juice Milk	7 Cinnamon Roll Cereal Oranges Juice Milk
10 Cinnamon Toast Sausage Patty Cereal Applesauce Juice Milk	11 Breakfast Taco Cereal Fruit Juice Milk	12 Biscuit and Sausage Gravy Cereal Peaches Juice Milk	13 Pancake on a Stick Cereal Fresh Apple Juice Milk	14 Donut Cereal Oranges Juice Milk
17 Waffle Scrambled Eggs Cereal Applesauce Juice Milk	18 Cinnamon Toast Yogurt Cereal Fruit Juice Milk	19 Biscuit and Sausage Gravy Cereal Toast Peaches Juice Milk	21 Breakfast Calzone Cereal Toast Fresh Apple Juice Milk	22 Cinnamon Roll Cereal Oranges Juice Milk
24 Sausage Cheese Biscuit Cereal Appelsauce Juice/Milk	25 Toast Scrambled Eggs Cereal Fruit Juice Milk	26 Biscuit and Sausage Gravy Cereal Peaches Juice Milk	27 Breakfast Burrito Cereal Fresh Apple Juice Milk	28 Donut Cereal Oranges Juice Milk
31 Pancakes Sausage Cereal Applesauce Juice Milk				

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