

OCTOBER

BREAKFAST 2016-2017

WG=WHOLE GRAIN

MENU IS SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>MAPLE PANCAKE ON STIX & CRAISINS</p> <p>OR</p> <p>APPLE SC. OR CEREAL</p>	<p>4</p> <p>BANANA BREAD & grape juice</p> <p>OR</p> <p>PINEAPPLE OR CEREAL</p>	<p>5</p> <p>BELGIAN WAFFLE & ORANGE JUICE</p> <p>OR</p> <p>MIXED FRUITS OR CEREAL</p>	<p>6</p> <p>PINEAPPLE SMOOTHIES W/ BAGEL/CREAM CHEESE</p> <p>OR</p> <p>ORANGE OR CEREAL</p>	<p>7</p> <p>PORT.SAUSAGE & STEAMED RICE & GRAPE juice</p> <p>OR</p> <p>ORANGE OR CEREAL</p>
<p>10</p> <p>FALLBREAK</p>	<p>11</p>	<p>12</p> <p>NO SCHOOL</p>	<p>13</p>	<p>14</p> <p>NOSCHOOL</p>
<p>17</p> <p>MINI PANCAKES AND APPLE JUICE</p> <p>OR</p> <p>ORANGE OR CEREAL</p>	<p>18</p> <p>BLUEBERRY BREAD & GRAPE JUICE</p> <p>OR</p> <p>PINEAPPLE OR CEREAL</p>	<p>19</p> <p>PORK PATTY & STEAMED RICE & ORANGE juice</p> <p>OR</p> <p>APPLE OR CEREAL</p>	<p>20</p> <p>PIZZA BAGEL & APPLE JUICE</p> <p>OR</p> <p>MIXED FRUITS OR CEREAL</p>	<p>21</p> <p>PORT.SAUSAGE & STEAMED RICE & ORANGE juice</p> <p>OR</p> <p>PEACHES OR CEREAL</p>
<p>24</p> <p>MAPLE PANCAKE ON STIX & CRAISINS</p> <p>OR</p> <p>APPLE SC. OR CEREAL</p>	<p>25</p> <p>BANANA BREAD & grape juice</p> <p>OR</p> <p>PINEAPPLE OR CEREAL</p>	<p>26</p> <p>BELGIAN WAFFLE & ORANGE JUICE</p> <p>OR</p> <p>MIXED FRUITS OR CEREAL</p>	<p>27</p> <p>PINEAPPLE SMOOTHIES W/ BAGEL/CREAM CHEESE</p> <p>OR</p> <p>ORANGE OR CEREAL</p>	<p>28</p> <p>PORT.SAUSAGE & STEAMED RICE & GRAPE juice</p> <p>OR</p> <p>ORANGE OR CEREAL</p>
<p>31</p> <p>PEPPER-PIZZA STIX & APPLE JUICE</p> <p>OR</p> <p>ORANGE OR CEREAL</p>	<p>1</p> <p>HAM LINKS & STEAMED RICE & grape juice</p> <p>OR</p> <p>PEACHES OR CEREAL</p>	<p>2</p> <p>CINNAMON BUN & ORANGE JUICE</p> <p>OR</p> <p>PINEAPPLE OR CEREAL</p>	<p>3</p> <p>SCH. MADE COFFEE CAKE grape juice</p> <p>OR</p> <p>MIXED FRUITS OR CEREAL</p>	<p>4</p> <p>WG FRENCH TOAST & CRAISINS</p> <p>OR</p> <p>PINEAPPLE OR CEREAL</p>

ALL LUNCH COMES WITH CHOICE OF 1% OR SKIM MILK , 1/2 PINT