

OCTOBER

BREAKFAST

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p><u>BREAKFAST MEAL PRICES</u> K-12 \$ 1.25 Reduced \$.30 Adult \$ 1.80 Milk \$.50</p>	<p>Whole Grain Cereals, Low Fat Yogurt, Whole Grain Muffins or Bagels will be Offered Daily for Breakfast.</p> <p>Fresh Fruit or Vegetables and Assorted Juices will be Offered Daily for Breakfast & Lunch.</p> <p>Low Fat Chef's Salad will be Offered Daily as a Second Lunch Entrée.</p> <p>A choice of 1% and 2% White or Chocolate Skim Milk is offered daily for Breakfast and Lunch.</p>	<p>10/1 <i>Whole Grain French Toast</i> <i>Juice</i> <i>Milk</i></p>	<p>10/2 <i>Cinnamon Pancakes</i> <i>Juice</i> <i>Milk</i></p>	
<p>10/5 <i>Zoom's Egg, Cheese & Turkey</i> <i>Stuffed Biscuit</i> <i>Juice</i> <i>Milk</i></p>	<p>10/6 <i>Low Fat Yogurt</i> <i>Whole Grain Muffin</i> <i>Fruit</i> <i>Milk</i></p>	<p>10/7 <i>Cinnamon Pancakes</i> <i>Juice</i> <i>Milk</i></p>	<p>10/8 <i>Whole Grain Cereal</i> <i>Whole Grain Muffin</i> <i>Fruit</i> <i>Milk</i></p>	<p>10/9 <i>Pancake Pups</i> <i>Juice</i> <i>Milk</i></p>
<p>10/12 <i>Chicken Biscuit</i> <i>Juice</i> <i>Milk</i></p>	<p>10/13 <i>Smucker's Grilled Cheese</i> <i>Sandwich</i> <i>Juice</i> <i>Milk</i></p>	<p>10/14 <i>Cinnamon Pancakes</i> <i>Juice</i> <i>Milk</i></p>	<p>10/15 <i>Whole Grain Cereal</i> <i>Low Fat Yogurt</i> <i>Juice</i> <i>Milk</i></p>	<p>10/16 <i>Zoom's Egg, Cheese & Turkey</i> <i>Bacon Stuffed Biscuit</i> <i>Juice</i> <i>Milk</i></p>
<p>10/19 <i>Pancake Pups</i> <i>Juice</i> <i>Milk</i></p>	<p>10/20 <i>Whole Grain French Toast</i> <i>Juice</i> <i>Milk</i></p>	<p>10/21 <i>Whole Grain Cereal</i> <i>Whole Grain Muffin</i> <i>Fruit</i> <i>Milk</i></p>	<p>10/22 <i>Zoom's Egg, Cheese & Turkey</i> <i>Stuffed Biscuit</i> <i>Juice</i> <i>Milk</i></p>	<p>10/23 TEACHER WORKDAY NO SCHOOL</p>
<p>10/26 PROFESSIONAL DEVELOPMENT DAY NO SCHOOL</p>	<p>10/27 <i>Whole Grain Cereal</i> <i>Low Fat Yogurt</i> <i>Juice</i> <i>Milk</i></p>	<p>10/28 <i>Chicken Biscuit</i> <i>Juice</i> <i>Milk</i></p>	<p>10/29 <i>Whole Grain French Toast</i> <i>Juice</i> <i>Milk</i></p>	<p>10/30 <i>Cinnamon Pancakes</i> <i>Juice</i> <i>Milk</i></p>