


October 2017

Jr. - Sr. High School Breakfast



Student Paid: \$1.00 Reduced: \$0.25 Adult: \$2.30 Menu subject to change

October 9 - 13th National School Lunch Week

Monday	Tuesday	Wednesday	Thursday	Friday
2 Assorted Cereal Cheese Stick Fruit Juice / Milk	3 Fluffy Scrambled Egg w/ toast Fruit Juice / Milk	4 Waffle Wednesday Syrup Fruit Juice / Milk	5 English Muffin w/ Melted cheese Fruit Juice / Milk	6 Tony's Breakfast Pizza Fruit Juice / Milk
9 NO SCHOOL Columbus Day	10 Cheese Omelet Toast Fruit Juice / Milk	11 Waffle Wednesday Syrup Fruit Juice / Milk	12 Toasted Bagel w/ Peanut Butter OR Cream Cheese Fruit Juice / Milk	13 Pancakes Syrup Fruit Juice / Milk
16 Assorted Cereal Toast Fruit Juice / Milk	17 Sausage & Cheese Biscuit Fruit Juice / Milk	18 Waffle Wednesday Syrup Fruit Juice / Milk	19 Yogurt Graham Crackers Fruit Juice / Milk	20 No School Superintendent's day
23 Muffin String Cheese Fruit Juice / Milk	24 Sausage & Egg On an English Fruit Juice / Milk	25 Waffle Wednesday Syrup Fruit Juice / Milk	26 Cheesy Scrambled Eggs Toast Fruit Juice / Milk	27 French Toast Syrup Fruit Juice / Milk
30 Assorted Cereal Toast Fruit Juice / Milk	31 Yogurt w/Granola Fruit Juice / Milk	Students must take at least Three of the offered meal components and one must be a fruit. These guidelines are required in order to participate in the USDA National School Lunch Program	Jump start your day the nutritious way!! Eat a hearty breakfast 	Chef's choice Grab 'n Go available daily Examples: cereal / string cheese yogurt / muffin or poptart

Parents - please sign up and prepay your student's meal account at www.myschoolbucks.com