

Junior High & High School Breakfast



October 2020



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Scrambled Omelet W/Bagel Yogurt Cup W/ Graham Crackers Cereal W/Cinnamon Toast Fresh Fruit Baked Cinnamon Apples Jelly/Salsa	2 French Toast Sticks Cinnamon Roll Cereal W/Buttered Toast Fruit Juice/Fresh Fruit Jelly/ Syrup
5 Mini Pancakes Blueberry Muffin Cereal w/Buttered Toast Fruit Juice/Fresh Fruit Jelly/Syrup	6 Breakfast Pizza Glazed Donut Holes Cereal W/Cinnamon Toast Fresh Fruit Chilled Mandarin Oranges Jelly	7 <u>Waffle Bar</u> Fruit Toppings Strawberry Or Blueberry Sausage Links Oatmeal W/Buttered Toast Fruit Juice/Fresh Fruit Jelly/Syrup	8 Sausage Biscuit Fruity Strudel Cereal W/Cinnamon Toast Fresh Fruit Blushing Pears Jelly	9 All-American Breakfast Casserole Smoothie W Graham Crackers Cereal W/Buttered Toast Fruit Juice/Fresh Fruit Jelly/Salsa
12 COLUMBUS DAY SCHOOL-WIDE HOLIDAY	13 Breakfast On Bun Cocoa Puff Parfait Cereal W/Cinnamon Toast Fresh Fruit Chilled Peaches Jelly	14 <u>Pancake Bar</u> Fruit Toppings Strawberry Or Blueberry Crispy Bacon Oatmeal W/Buttered Toast Fruit Juice/Fresh Fruit Jelly/Syrup	15 Scrambled Omelet W/Bagel Yogurt Cup W/ Graham Crackers Cereal W/Cinnamon Toast Fresh Fruit Baked Cinnamon Apples Jelly/Salsa	16 French Toast Sticks Cinnamon Roll Cereal W/Buttered Toast Fruit Juice/Fresh Fruit Jelly/ Syrup
19 Mini Pancakes Blueberry Muffin Cereal w/Buttered Toast Fruit Juice/Fresh Fruit Jelly/Syrup	20 Breakfast Pizza Glazed Donut Holes Cereal W/Cinnamon Toast Fresh Fruit Chilled Mandarin Oranges Jelly	21 <u>Waffle Bar</u> Fruit Toppings Strawberry Or Blueberry Sausage Links Oatmeal W/Buttered Toast Fruit Juice/Fresh Fruit Jelly/Syrup	22 Sausage Biscuit Fruity Strudel Cereal W/Cinnamon Toast Fresh Fruit Blushing Pears Jelly	23 All-American Breakfast Casserole Smoothie W Graham Crackers Cereal W/Buttered Toast Fruit Juice/Fresh Fruit Jelly/Salsa
26 Pancake On Stick Pop Tart & Cereal Cereal w/Buttered Toast Fruit Juice Fresh Fruit Jelly/Syrup	27 Breakfast On Bun Cocoa Puff Parfait Cereal W/Cinnamon Toast Fresh Fruit Chilled Peaches Jelly	28 <u>Pancake Bar</u> Fruit Toppings Strawberry Or Blueberry Crispy Bacon Oatmeal W/Buttered Toast Fruit Juice/Fresh Fruit Jelly/Syrup	29 Scrambled Omelet W/Bagel Yogurt Cup W/ Graham Crackers Cereal W/Cinnamon Toast Fresh Fruit Baked Cinnamon Apples Jelly/Salsa	30 Breakfast On Bun Cocoa Puff Parfait Cereal W/Cinnamon Toast Fresh Fruit Chilled Peaches Jelly

CEREALS

Honey Nut Cheerios
Cocoa Puff
Fruit Loops
Cinnamon Toast Crunch
Frosted Flakes

Breakfast is often called "the most important meal of the day," and for good reason. As the name suggests, breakfast breaks the overnight fasting period. It replenishes your supply of glucose to boost your energy levels and alertness, while also providing other essential nutrients required for good health.