



# Elementary Breakfast Menu

October 2017

**2**  
**No School Professional Development Day**

**3**  
**Cinnamon Toast Crunch Topped Donut  
Cocoa Puff Cereal Bar w/  
Strawberry Banana Yo-  
gurt**

Mixed Fruit  
100% Fruit Juice

**4**  
**Cinnamon Roll  
Honey Bear Grahams  
w/ String Cheese**

Fresh Banana  
Applesauce  
100% Orange Juice

**5**  
**Sausage Egg & Cheese  
Burrito**

Raisins  
Cherry Star Veg Juice

**6**  
**Pancake on a Stick  
Honey Bear Grahams  
w/ String Cheese**

Diced Peaches  
100% Apple Juice

**9**  
**Sausage Egg & Cheese  
Burrito  
Butterscotch Bar w/  
String Cheese**

Fresh Apple  
Diced Pears  
100% Grape Juice

**10**  
**Blueberry Muffin  
Cocoa Puff Cereal Bar w/  
Strawberry Yogurt**

Mixed Fruit  
100% Fruit Juice

**11**  
**Chocolate Oat Benefit  
Bar  
Honey Bear Grahams  
w/ String Cheese**

Fresh Banana  
Applesauce  
100% Orange Juice

**12**  
**Cocoa Puffed Topped  
Donut  
Cocoa Puff Cereal Bar w/  
Cherry Yogurt**

Raisins  
Cherry Star Veg Juice

**13**  
**Cherry Frudel  
Honey Bear Grahams w/  
String Cheese**

Fresh Fruit  
Diced Peaches  
100% Apple Juice

**16**  
**Mini Blueberry Waffles  
Butterscotch Bar w/  
String Cheese**

Fresh Apple  
Diced Pears  
100% Grape Juice

**17**  
**Cinnamon Roll  
Cocoa Puff Cereal Bar  
w/ Strawberry Yogurt**

Mixed Fruit  
100% Fruit Juice

**18**  
**Egg & Cheese English  
Muffin  
Honey Bear Grahams  
w/ String Cheese**

Fresh Banana  
Applesauce  
100% Orange Juice

**19**  
**Pancakes w/ syrup  
Cocoa Puff Cereal Bar w/  
Cherry Yogurt**

Raisins  
Cherry Star Veg Juice

**20**  
**Chocolate Muffin  
Honey Bear Grahams  
w/ String Cheese**

Fresh Fruit  
Diced Peaches  
100% Apple Juice

**23**  
**Apple Frudel  
Butterscotch Bar w/  
String Cheese**

Fresh Apple  
Diced Pears  
100% Grape Juice

**24**  
**Pancake on a Stick  
Cocoa Puff Cereal Bar  
w/ Strawberry Yogurt**

Mixed Fruit  
100% Fruit Juice

**25**  
**Breakfast Pizza  
Honey Bear Grahams  
w/ String Cheese**

Fresh Banana  
Applesauce  
100% Orange Juice

**26**  
**Blueberry Muffin  
Cocoa Puff Cereal Bar w/  
Cherry Yogurt**

Raisins  
Cherry Star Veg Juice

**27**  
**No School  
Nevada Day**

**30**  
**Mini Strawberry  
Pancakes  
Butterscotch Bar w/  
String Cheese**

Fresh Apple  
Diced Pears  
100% Grape Juice

**31 Halloween**  
**Cinnamon Toast Crunch  
Topped Donut  
Cocoa Puff Cereal Bar w/  
Strawberry Yogurt**

Mixed Fruit  
100% Fruit Juice

**1**  
**Sausage, Egg & Cheese  
Burrito  
Honey Bear Grahams  
w/ String Cheese**

Fresh Banana  
Applesauce  
100% Orange Juice

**2**  
**Sausage & Cheese English  
Muffin  
Cocoa Puff Cereal Bar w/  
Cherry Yogurt**

Raisins  
Cherry Star Veg Juice

**3**  
**Mini Maple Waffles  
Honey Bear Grahams w/  
String Cheese**

Fresh Fruit  
Diced Peaches  
100% Apple Juice

## More info...

Breakfast is a main entrée OR pick two from the grains and proteins offered each day for your meal

Assorted Whole Grain Cereals offered daily with WG Animal Crackers

## More info...

Breakfast - \$ 1.50 Lunch - \$2.75  
NO Charge for students at Empire and Mark Twain

## Grab a milk

1% low fat & unflavored/  
flavored fat-free choices

Menu is subject to change