

2
No School Professional Development Day

3
Vanilla Glazed Donut Sausage & Cheese English Muffin
Fresh Orange
Mixed Fruit
100% Orange Juice

4
Chocolate Oat Benefit Bar Egg & Cheese Bagel
Fresh Banana
Applesauce
100% Orange Juice

5
Sausage Egg & Cheese Burrito Sausage & Cheese English Muffin
Orange Wedges
Raisins
Cherry Star Juice

6
Biscuit & Gravy Ham & Cheese Biscuit
Diced Peaches
100% Apple Juice

9
Sausage Egg & Cheese Burrito Egg & Cheese English Muffin
Fresh Apple
Diced Pears
100% Grape Juice

10
Pancake on a Stick Sausage & Cheese English Muffin
Fresh Orange
Mixed Fruit
100% Orange Juice

11
Cheese Omelet w/ Hashbrown & Toast Ham & Cheese Bagel
Fresh Banana
Applesauce
100% Orange Juice

12
Chocolate Glazed Donut Egg & Cheese Biscuit
Orange Wedges
Raisins
Cherry Star Juice

13
Cherry Frudel Sausage & Cheese English Muffin
Diced Peaches
100% Apple Juice

16
Chocolate Oat Benefit Bar Sausage & Egg Bagel
Fresh Apple
Diced Pears
100% Grape Juice

17
Cinnamon Roll Egg & Cheese English Muffin
Fresh Orange
Mixed Fruit
100% Orange Juice

18
Ham, Egg & Potato Taco Egg & Cheese Bagel
Fresh Banana
Applesauce
100% Orange Juice

19
Pancakes w/ Syrup Sausage & Cheese English Muffin
Orange Wedges
Raisins
Cherry Star Juice

20
Chocolate Chip Muffin Ham & Cheese Biscuit
Diced Peaches
100% Apple Juice

23
Apple Churro w/ String Cheese Egg & Cheese Biscuit
Fresh Apple
Diced Pears
100% Grape Juice

24
Pancake on a Stick Sausage & Cheese English Muffin
Fresh Orange
Mixed Fruit
100% Orange Juice

25
Breakfast Pizza Egg & Cheese Bagel
Fresh Banana
Applesauce
100% Orange Juice

26
Cheesy Ham & Egg Pancake Panini Sausage & Cheese English Muffin
Orange Wedges
Raisins
Cherry Star Juice

27
No School Nevada Day

30
Pancakes w/ Syrup Egg & Cheese English Muffin
Fresh Apple
Diced Pears
100% Grape Juice

31 **Halloween**
Pumpkin Spice Donut Egg & Cheese English Muffin
Fresh Orange
Mixed Fruit
100% Orange Juice

1
Omelet w/ Hashbrown & Toast Sausage & Cheese Biscuit
Fresh Bannaa
Applesauce
100% Orange Juice

2
Apple Churro w/ String Cheese Egg & Cheese English Muffin
Orange Wedges
Raisins
Cherry Star Juice

3
French Toast Sticks w/ Syrup Egg & Cheese Biscuit
Diced Peaches
100% Apple Juice

More info...

Additional Entrées Offered Throughout the Week:

Whole Grain Cocoa Puff Cereal Bar, Whole Grain Cereals w/ Whole Grain Animal Crackers, String Cheese, WG Poptarts, WG Butterscotch Oat Bar
Yogurt Parfaits and Yogurt Cups
Assorted condiments offered daily

More info...

Grab a Milk
Low fat Unflavored
Skim Flavored / Unflavored
Offered daily

Meal Prices Breakfast:

Student- \$1.50
Adult - \$3.00

Printed Menu and Interactive Nutritional Data: carsoncit-schools.schoolish.com