



Breakfast in the Classroom Empire – Mark Twain October 2017

2
No School
Professional
Development Day

3
Cherry Frudel
Orange Wedges
100% Fruit Juice

4
Chocolate Oat
Benefit Bar
Fresh Banana
Orange Juice

5
WG Cereal w/ Animal
Crackers
Raisins
Cherry Star Juice

6
Strawberry
Cream Cheese
Bagel
Apple Slices
100% Apple Juice

9
WG Blueberry Muffin
w/ String Cheese
Applesauce Cup
100% Grape Juice

10
WG Cereal w/ Animal
Crackers
Orange Wedges
100% Fruit Juice

11
Mini Strawberry
Pancakes
Fresh Banana
100% Orange Juice

12
Oat/Raisin Benefit Bar
Raisins
Cherry Star Veg Juice

13
Cherry Frudel
Apple Slices
100% Apple Juice

16
Chocolate/ Oat Break-
fast Bar
Applesauce Cup
100% Orange Juice

17
Sausage, Egg &
Cheese Burrito
Orange Wedges
100% Fruit Juice

18
Maple Mini Waffles
Fresh Banana
100% Orange Juice

19
Banana Muffin w/
Yogurt
Raisins
Cherry Star Veg Juice

20
WG Cereal w/ Animal
Crackers
Apple Slices
100% Apple Juice

23
Chocolate Muffin w/
Yogurt
Applesauce Cup
100% Orange Juice

24
Mini Blueberry
Waffles
Orange Wedges
100% Fruit Juice

25
Cocoa Puff Cereal Bar w/
String Cheese
Fresh Banana
100% Orange Juice

26
Sausage, Egg & Cheese
Burrito
Raisins
Cherry Star Veg Juice

27
No School
Nevada Day

30
Apple Cinnamon
Muffin w/ String
Cheese
Applesauce Cup
100% Grape Juice

31
Mini Maple Waffles
Orange Wedges
100% Fruit Juice

1
Oat/Raisin Benefit Bar
Fresh Banana
100% Orange Juice

2
WG Cereal w/ Animal
Crackers
Raisins
Cherry Star Veg Juice

3
Cinnamon Cream
Cheese Bagel
Apple Slices
100% Apple Juice

More info...

All Grains are Whole Grain
Students will be asked to choose at least 3 items daily. 1
item must be a fruit choice.

More info...

Meal Prices

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