



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
Fresh Orange Wedges
100% Fruit Juice

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

Fresh Banana
Applesauce
100% Orange Juice

5
**Sausage Egg & Cheese
Burrito**

Fresh Orange
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
Fresh Orange Wedges
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**

Fresh Orange
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
Fresh Orange Wedges
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**

Fresh Orange
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
Fresh Orange Wedges
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**

Fresh Orange
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
Fresh Orange Wedges
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**

Fresh Orange
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