

OCTOBER 2019 - Menus



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h2>Grades 9-12 Breakfast</h2> <p><i>MENUS ARE SUBJECT TO CHANGE</i></p>				
	10-1 Fiesta Bean & Cheese Burrito - V Fruit- S Fruit Juice Got Milk	10-2 French Toast Trio - V or Mini French Toast Bites - V Fruit - S Fruit Juice Got Milk	10-3 Morning Beef Sausage Sandwich Fruit- S Fruit Juice Got Milk	10-4 Breakfast Sausage Square Fruit- S Fruit Juice Got Milk
10-7 French Toast Trio - V Fruit- S Fruit Juice Got Milk	10-8 Fiesta Bean & Cheese Burrito - V Fruit- S Fruit Juice Got Milk	10-9 Chicken Pancake Sandwich Fruit - S Fruit Juice Got Milk	10-10 Café LA Coffee Cake - V Fruit- S Fruit Juice Got Milk	10-11 Chocolate Crescent - V Fruit- S Fruit Juice Got Milk
10-14 Crunchy Cereal V Fruit- S Fruit Juice Got Milk	10-15 Turkey Ham & Cheese on Hawaiian Roll Fruit - S Fruit Juice Got Milk	10-16 French Toast Trio - V or Mini French Toast Bites - V Fruit - S Fruit Juice Got Milk	10-17 Cinnamon Pancakes - V Fruit- S Fruit Juice Got Milk	10-18 Breakfast Sausage Square Fruit- S Fruit Juice Got Milk
10-21 French Toast Trio - V Fruit- S Fruit Juice Got Milk	10-22 Fiesta Bean & Cheese Burrito - V Fruit- S Fruit Juice Got Milk	10-23 Chicken Pancake Sandwich Fruit - S Fruit Juice Got Milk	10-24 Café LA Coffee Cake - V Fruit- S Fruit Juice Got Milk	10-25 Turkey Ham & Cheese on Hawaiian Roll Fruit- S Fruit Juice Got Milk
10-28 Crunchy Cereal V Fruit- S Fruit Juice Got Milk	10-29 Morning Beef Sausage Sandwich Fruit- S Fruit Juice Got Milk	10-30 French Toast Trio - V or Mini French Toast Bites - V Fruit - S Fruit Juice Got Milk	10-31 Gourmet Waffles - V Fruit- S Fruit Juice Got Milk	

All of the Grain/Bread items served are Whole Grain Rich.

Milk Options: White Low Fat 1%, White Fat Free, White Non-Fat Lactose Free

S: Items with an (S) can be saved for later **V:** Vegetarian items

Posted 09/16/19