

# October Breakfast 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Milk 1% or Fat Free Fruit Juice Fruit Homemade Muffin Breakfast Burritos Salsa	2 Milk 1% or Fat Free Fruit Juice Fruit Homemade Muffin French Toast Strata w/sausage Syrup	3
4	5 Milk 1% or Fat Free Fruit Juice Fruit Homemade Muffin Oatmeal (variety of toppings)	6 Milk 1% or Fat Free Fruit Juice Fruit Homemade Muffin Egg&Cheese Omelet (onions & peppers on side)	7 Milk 1% or Fat Free Fruit Juice Fruit Homemade Muffin Yogurt & Granola Baquel&Crm Cheese	8 Milk 1% or Fat Free Fruit Juice Fruit Homemade Muffin Quiche(Ham & Cheese)	9 Milk 1% or Fat Free Fruit Juice Fruit Homemade Muffin Waffles & Sausage syrup	10
11	12 NO SCHOOL COLUMBUS DAY	13 Milk 1% or Fat Free Fruit Juice Fruit Homemade Muffin Scrambled eggs & Sausage	14 Milk 1% or Fat Free Fruit Juice Fruit Homemade Muffin Yogurt & Granola Baquel&Crm Cheese	15 Milk 1% or Fat Free Fruit Juice Fruit Homemade Muffin Breakfast Pizza	16 Milk 1% or Fat Free Fruit Juice Fruit Homemade Muffin Pancakes & Sausage, syrup	17
18	19 Milk 1% or Fat Free Fruit Juice Fruit Homemade Muffin Oatmeal (variety of toppings)	20 Milk 1% or Fat Free Fruit Juice Fruit Homemade Muffin BreakFast Bowl (Scr. Eggs,Hash browns,sausage, cheese)Salsa	21 Milk 1% or Fat Free Fruit Juice Fruit Homemade Muffin Yogurt & Granola Baquel&Crm Cheese	22 Milk 1% or Fat Free Fruit Juice Fruit Homemade Muffin Breakfast Burritos Salsa	23 Milk 1% or Fat Free Fruit Juice Fruit Homemade Muffin French Toast Strata w/sausage Syrup	24
25	26 Milk 1% or Fat Free Fruit Juice Fruit Homemade Muffin Oatmeal (variety of toppings)	27 Milk 1% or Fat Free Fruit Juice Fruit Homemade Muffin Egg&Cheese Omelet (onions & peppers on side)	28 Milk 1% or Fat Free Fruit Juice Fruit Homemade 1% WG Muffin Yogurt & Granola Baquel&Crm Cheese	29 Milk 1% or Fat Free Fruit Juice Fruit Homemade Muffin Quiche(Ham & Cheese)	30 Milk 1% or Fat Free Fruit Juice Fruit Homemade Muffin Waffles & Sausage syrup	31

**BREAKFAST ALTERNATIVE DAILY: Whole Grain cold Cereal, Milk, Fruit Juice, Fruit, and Homemade 51% Whole grain Muffin. In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age or disability. If you believe you have been discriminated against, write immediately to the Department of Agriculture. Please note that our menu is subject to change based on availability of food items.**