

# BREAKFAST MENU for all PREK-8 schools plus Full Circle and Next Wave

OCTOBER 2019

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

30

Oatmeal

1

Pancakes with  
Strawberries

2

Yogurt Parfait

3

Scrambled Eggs  
with Toast

4

Fresh Baked  
Cinnamon Roll  
with Blueberries

7

Assorted Breakfast  
Breads

8

French Toast  
with Warm Apple  
Slices

9

Yogurt Parfait

10

Egg and Cheese on  
a Biscuit

11

Waffles with  
Strawberries

14

**NO SCHOOL**

15

Pancakes with  
Warm Apple Slices

16

Yogurt Parfait

17

Scrambled Eggs  
with Toast

18

Fresh Baked  
Cinnamon Roll  
with Blueberries

21

Oatmeal

22

French Toast with  
Strawberries

23

Yogurt Parfait

24

Egg and Cheese on  
a Croissant

25

Waffles with  
Warm Apple Slices

28

Assorted Breakfast  
Breads

29

Pancakes with  
Blueberries

30

Yogurt Parfaits

31

Scrambled Eggs  
with Toast

## FUEL UP with BREAKFAST!

During a busy morning, it's easy to let breakfast fall low on your list of priorities, but taking just a few minutes to have something to eat can really make a difference to your day. Breakfast is free for all students, every day at school, so come join us!



## Choices available every day:

Assorted low sugar cereals and grahams crackers (3), wheat bagels with low fat cream cheese. Fresh fruit and low-fat 1% or skim white milk daily.

Menu subject to change.