

**ITEMS OFFERED DAILY**  
 ASSORTED CEREAL  
 ASSORTED GRAHAMS  
 FRESH FRUIT VARIETY  
 ASSORTED 100% FRUIT JUICE

**MILK OFFERED DAILY**  
 low fat white, vanilla,  
 chocolate, strawberry. &  
 nonfat white

# 2024 OCTOBER

## MS-HS Breakfast Menu

What Makes A Great Breakfast?  
 Select 3 Components!

Be sure to choose between  
 FRUIT OR FRUIT JUICE

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



*Breakfast Price:  
 Free (CEP)*

	1 Fresh Fruit Variety Pineapple Cup Chocolate Chip Mini Loaf Milk	2 Fresh Fruit Variety Apple Slices Snack N Waffle Milk	3 Fresh Fruit Variety Pear Cup Benefit Bar Milk	4 Fresh Fruit Variety Applesauce Cup Asst Cereal Bars Milk
7 Fresh Fruit Variety Fruit Cup Betty Crocker Breakfast Bar Milk	8 Fresh Fruit Variety Craisins Hadley Farms Cinnamon Roll Milk	9 Fresh Fruit Variety Apple Slices Early Riser Stuff Hashbrown Milk	10 Fresh Fruit Variety Mandarin Oranges Blueberry Muffin (4oz) Yogurt Milk	11 Fresh Fruit Variety Applesauce Cup Asst Cereal Bars Milk
14 <b>NO SCHOOL</b> <b>PROFESSIONAL</b> <b>DEVELOPMENT DAY</b>	15 Fresh Fruit Variety Peaches Mini Donuts Milk	16 Fresh Fruit Variety Blue Raspberry Raisins French Toast Sticks Milk	17 Fresh Fruit Variety Tropical Fruit Cup Zee Zee's Breakfast Bar Cheese Stick Milk	18 Fresh Fruit Variety Applesauce Cup Asst Cereal Bars Milk
21 Fresh Fruit Variety Dried Cherries Dunkin Sticks Milk	22 Fresh Fruit Variety Pear Cup Nutrigran Bar Muffin Top Milk	23 Fresh Fruit Variety Apple Slices Breakfast Pizza Bagel Milk	24 Fresh Fruit Variety Pineapple Tidbits Burst Bread Slice Hard Cooked Egg Milk	25 Fresh Fruit Variety Applesauce Cup Asst Cereal Bars Milk
28 Fresh Fruit Variety Diced Cinnamon Apples Pop Tart (2ea) Milk	29 Fresh Fruit Variety Fruit Cup Mini Cinnamon Rolls Milk	30 Fresh Fruit Variety Strawberry Raisins Pancake & Sausage on Stick Yogurt Milk	31 Fresh Fruit Variety Mandarin Oranges Donut Holes Milk Choice	