

# October 2016

## Elementary

### BREAKFAST

**Menu Information:** Juice, Fruit and Milk are offered with Breakfast all grains served at Breakfast are whole grain rich. (##) denotes carb count.  
**(Fresh Fruit/Vegetable Program) snack of the day. Encourage your child to try a new fruit/vegetable when offered.**



**October is Eat Better – Eat Together Month.** Enjoy meals together as a family. Talk about your favorite part of your day.

**USDA is an Equal Opportunity Provider and Employer**

### Monday

Mini Waffles (38) **3**

Apple filled Breadstick (38) **10**

Sausage Bites (14) **17**

Egg/Cheese Sandwich(19) **24**

WG Longjohn (40) **31**

### Tuesday

Sausage/Cheese Biscuit (28) **4**

Central: French Toast Sticks(21) **11**  
 Jefferson: Mini French Toast(37)

Ham & Egg Bar (9) **18**

Mini Waffles(38) **25**



### Wednesday

HMD Cinnamon Rolls(40) **5**

Mini Pancakes (40) **12**

Yogurt (19) Muffin(31) **19**

Gravy Stuffed Pizza(26) **26**

### Thursday

Bacon/Egg/Cheese Boat(25) **6**

Breakfast Pizza (26) **13**

NO SCHOOL **20**

Central: French Toast Sticks(21) **27**  
 Jefferson: Mini French Toast(37)

### Friday

Ultimate Breakfast Oatmeal Rounds(44) **7**

Stuffed Pretzel(24) **14**

NO SCHOOL **21**

Egg Taco (15) **28**

