

October 2016

Step Ahead Breakfast - Snack

BREAKFAST

School Information: Juice, Fruit and Milk are offered with Breakfast
 All grains served at Breakfast are whole grain rich.
 **AM/PM Snack served w/Milk
 (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

Ham Patty
 Mini Waffles **3**

**Animal Crackers

Tuesday

Sausage/Cheese Biscuit **4**

**(KALE)
 w/Ranch Dressing &
 Wheat Crackers

Wednesday

Egg Casserole
 WG HMD Cinnamon Roll **5**

**Peanut Butter Tortilla
 Pinwheels**

Thursday

Bacon/Egg/Cheese
 Boat **6**

**(PEARS)

Friday

NO SCHOOL **7**

Scrambled Eggs
 Apple Filled Breadstick **10**

**Blueberry Muffin

Sausage Patty
 French Toast Sticks **11**

**(RED CABBAGE)
 w/Ranch Dressing &
 Gold Fish Crackers

Boiled Eggs
 Mini Pancakes **12**

**Apple Slices

Breakfast Pizza **13**

**(POMEGRANATE)
 Graham Crackers

NO SCHOOL **14**

Pancake wrapped
 Sausage Bites **17**

**Scooby Crackers

Ham & Egg Bar
 WG Toast **18**

**(STAR FRUIT)
 Cinnamon Toast Cereal

Yogurt
 Cheese Stick
 WG Muffin **19**

**(GRAPES)

NO SCHOOL **20**

NO SCHOOL **21**

Egg/Cheese Sandwich **24**

** Chex Mix

Ham Patty
 Mini Waffles **25**

**(APPLES)

Biscuits & Gravy **26**

**(JICAMA STICKS)
 w/Ranch Dressing &
 Wheat Crackers

NO SCHOOL **27**

NO SCHOOL **28**

Boiled Eggs
 Oatmeal & WG Toast **31**

