



# HIGH SCHOOL BREAKFAST

October  
2022

Mon	Tues	Wed	Thurs	Fri
3 Blueberry PopTart Cheese Stick Cereal Fruit of the Day	4 Pancake on a Stick Cereal Fruit of the Day	5 Strawberry Pancake Bowl Cereal Fruit of the Day	6 Yogurt Parfait Cereal Fruit of the Day	7  <b>STUDENT HOLIDAY</b>
10  <b>HOLIDAY</b>	11 Scrambled Eggs Sausage Toast Cereal Fruit of the Day	12 Breakfast Pizza Cereal Fruit of the Day	13 Chicken Biscuit Cereal Fruit of the Day	14 Biscuits and Gravy Cereal Fruit of the Day
17 Blueberry Muffin Cereal Fruit of the Day	18 Pancake on a Stick Cereal Fruit of the Day	19 Cinnamon Roll Cereal Fruit of the Day	20 Sausage Biscuit Cereal Fruit of the Day	21 Strawberry Bagel Cereal Fruit of the Day
24 Cherry Muffin Cereal Fruit of the Day	25 Pancakes Sausage Cereal Fruit of the Day	26 Breakfast Pizza Cereal Fruit of the Day	27 Chicken Slider Cereal Fruit of the Day	28 Sausage Roll Cereal Fruit of the Day
31 Blueberry PopTart Cereal Fruit of the Day			<b>Menus Are Subject to Change</b>	



**BREAKFAST  
FUELS  
YOUR  
day**

Our breakfast  
meals include  
whole grains,  
dairy, and fruit  
options for a  
balanced start to  
your day!

**schoolcafe**  
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Meal Benefits  
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All breakfast meals also include a choice of 1% White, or Fat Free Chocolate Milk.

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