

October 2018 Elementary Breakfast Menu

Grab-n-Go breakfast is available with the following whole grain options: Cereal, Cereal Bar, Muffin Top, Pop Tart, with Cheese Stick or Yogurt, Fruit, 100% Fruit Juice, and Milk.

ISD 15 NUTRITION SERVICES ELEMENTARY BREAKFAST MENU for **SFE SOUTH**, CCCS, & EBCS
Student Breakfast \$1.45/ Second Breakfast \$2.00/ Adult Breakfast \$2.00

*Printable menu and detailed nutritional analysis is available at "http://www.isd15.org" www.isd15.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Whole Grain 2oz Mini Bagel with Cream Cheese & Jelly Fruit 100% Fruit Juice Milk	2 Whole Grain Banana Bread Slice Fruit 100% Fruit Juice Milk	3 School Baked Whole Grain Cinnamon Roll Fruit 100% Fruit Juice Milk	4 Whole Grain Pancakes with Turkey Sausage Patty and Syrup Fruit 100% Fruit Juice Milk	5 Whole Grain French Toast Sticks with Syrup Fruit 100% Fruit Juice Milk
8 Two Egg & Cheese Breakfast Sliders Fruit 100% Fruit Juice Milk	9 Whole Grain Pancake on a Stick Fruit 100% Fruit Juice Milk	10 School Baked Whole Grain Cinnamon Roll Fruit 100% Fruit Juice Milk	11 Whole Grain Waffles with Syrup Fruit 100% Fruit Juice Milk	12 PBJ on Whole Grain Fruit 100% Fruit Juice Milk
15 Apple or Cherry WG Frudel Fruit 100% Fruit Juice Milk	16 Colby Cheese Omelet ☺ Whole Grain Toast with Jelly Fruit 100% Fruit Juice Milk	17 90 Minute Late Start Grab-n-Go Breakfast Special Whole Grain Mini Donuts Fruit 100% Fruit Juice Milk	18 No School	19 No School
22 Whole Grain 2oz Mini Bagel with Cream Cheese & Jelly Fruit 100% Fruit Juice Milk	23 Whole Grain Banana Bread Slice Fruit 100% Fruit Juice Milk	24 School Baked Whole Grain Cinnamon Roll Fruit 100% Fruit Juice Milk	25 Whole Grain Pancakes with Turkey Sausage Patty and Syrup Fruit 100% Fruit Juice Milk	26 Whole Grain French Toast Sticks with Syrup Fruit 100% Fruit Juice Milk
29 Two Egg & Cheese Breakfast Sliders Fruit 100% Fruit Juice Milk	30 Whole Grain Pancake on a Stick Fruit 100% Fruit Juice Milk	31 School Baked Whole Grain Cinnamon Roll Fruit 100% Fruit Juice Milk		

© =USDA Child Nutrition Label, (USDA Certified product meets Child Nutrition meal pattern requirements for lean protein &/or whole grain rich grains). Program benefits and services are available to all children without regard to race, religion, color, sex, handicap, age or national origin. Free and reduced meal applications are available throughout the year in all schools or on the website at www.isd15.org. Students that receive free/reduced lunch also receive a free breakfast. Sending cash is at your own risk. Please send checks or use Visa, MasterCard, Discover, electronic check or debit card to purchase meals at <https://paypams.com>, a transaction fee will be assessed for each transaction. **Menu, product & nutritional information are subject to change per vendor product availability. This Institution is an equal opportunity provider.