

October 2017

PHS, TMS, TES

BREAKFAST



School Information: Breakfast is provided at no cost to students Pre-K through 12th grade. This institution is an equal opportunity provider.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

Fall Break

2

Fall Break

3

Fall Break

4

Fall Break

5

Fall Break

6

Rich's Cinnamon Roll
222127 Fresh Fruit
100% Fruit Juice
Milk

9

Sausage & Biscuit
Applesauce
100% Fruit Juice
Milk

10

Mini Bagels (401034)
Fresh Fruit
100% Fruit Juice
Milk

11

Blueberry Waffles
(269240) Fresh Fruit
100% Fruit Juice
Milk

12

Trix Cereal Bar
(268690) Fruit
100% Fruit Juice
Milk

13

Trix Cereal Bar
(268690) Fruit
100% Fruit Juice
Milk

16

Trix Yogurt 551770
Fruit
100% Fruit Juice
Milk

17

Chicken & Biscuit
Fresh Fruit
100% Fruit Juice
Milk

18

Mini Bagels (401034)
Fresh Fruit
100% Fruit Juice
Milk

19

Sausage & Biscuit
Applesauce
100% Fruit Juice
Milk

20

Sausage & Biscuit
Applesauce
100% Fruit Juice
Milk

23

Blueberry Waffles
(269240) Fresh Fruit
100% Fruit Juice
Milk

24

Trix Yogurt 551770
Fruit
100% Fruit Juice
Milk

25

Mini Bagels (401034)
Fresh Fruit
100% Fruit Juice
Milk

26

Chicken & Biscuit
Fresh Fruit
100% Fruit Juice
Milk

27

PD Day - No School

30

Sausage & Biscuit
Applesauce
100% Fruit Juice
Milk

31

