## 2022 October



## **High School Breakfast**

ISD (5) 279

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Pancake Turkey Sausage Breakfast Bites	French Toast	Breakfast Sandwich (Chicken Sausage, Egg, and Cheese on an English Muffin)	Dutch Waffle	Breakfast Pizza (Turkey sausage and cheese)
Hashbrown Patty	Chicken Sausage Patty			Yogurt
Fruit	Applesauce Cup	Fruit	Fruit	Fruit
100% Fruit Juice Milk	100% Fruit Juice Milk	100% Fruit Juice Milk	100% Fruit Juice Milk	100% Fruit Juice Milk
10	11	12	13	14
Pancake Turkey Sausage Breakfast Bites	Whole Grain Cinnamon Roll	Breakfast Sandwich (Chicken Sausage, Egg, and Cheese on an English Muffin)	Dutch Waffle	Pancakes
Hashbrown Patty Fruit 100% Fruit Juice Milk	Fruit 100% Fruit Juice Milk	Fruit 100% Fruit Juice Milk	Applesauce Cup 100% Fruit Juice Milk	Hashbrown Patty Fruit 100% Fruit Juice Milk
17	18	19	20	21
Pancake Turkey Sausage Breakfast Bites	French Toast	Breakfast Sandwich (Chicken Sausage, Egg, and Cheese on an English Muffin)	No School	No School
Hashbrown Patty Fruit 100% Fruit Juice Milk	Chicken Sausage Patty Applesauce Cup 100% Fruit Juice Milk	Fruit 100% Fruit Juice Milk		
24	25	26	27	28
Pancake Turkey Sausage Breakfast Bites	Whole Grain Cinnamon Roll	Breakfast Sandwich (Chicken Sausage, Egg, and Cheese on an English Muffin)	Dutch Waffle	Whole Grain Glazed Long John
Hashbrown Patty				
Fruit 100% Fruit Juice Milk	Fruit 100% Fruit Juice Milk	Fruit 100% Fruit Juice Milk	Applesauce Cup 100% Fruit Juice Milk	Fruit 100% Fruit Juice Milk
31				
Pancake Turkey Sausage Breakfast Bites Hashbrown Patty				
Fruit 100% Fruit Juice Milk				

## Additional Cold Option may include:

Hardboiled Egg with Graham Cracker

Assorted Cereal with Yogurt or Cheese Stick

Breakfast Bar and Yogurt or Cheese Stick

Giant Goldfish Cracker and Yogurt or Cheese Stick

Breakfast Bread and Yogurt or Cheese Stick

Breakfast Muffin and Yogurt or Cheese Stick

<sup>\*</sup>In the event that school is closed due to inclement weather, the menu offerings from the initial day school is closed will be the offerings on the following school day.