

October Middle and High School Breakfast

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>French Toast Sticks w/fresh fruit UBR Cereal</p>	<p>2</p> <p>Elote Concha Muffin/Smoothie Cereal</p>	<p>3</p> <p>Homemade Breakfast Burrito Yogurt Parfait Cereal</p>	<p>4</p> <p>Chicken Waffle Sandwich Benefit Bar Cereal</p>	<p>5</p> <p> Milk-1% white, oat milk and non-fat chocolate are offered daily</p>
<p>6</p>	<p>7</p> <p>Cinnamon Swirls Bagel w/cream cheese Cereal</p>	<p>8</p> <p>Fruit Loops Waffles UBR Cereal</p>	<p>9</p> <p>Wild Mike's Breakfast Pizza Muffin/smoothie Cereal</p>	<p>10</p> <p>Eggstravaganza Tachos Yogurt Parfait Cereal</p>	<p>11</p> <p>Ham & Cheese Croissant Benefit Bar Cereal</p>	<p>12</p> <p> Hydration stations are in all cafeterias at no charge</p>
<p>13</p>	<p>14</p> <p>Concha Bagel w/ cream cheese Cereal</p>	<p>15</p> <p>Pancakes w/berries UBR Cereal</p>	<p>16</p> <p>Tony Robert's Breakfast Pizza w/gravy Muffin/smoothie Cereal</p>	<p>17</p> <p>Homemade Breakfast Burrito Yogurt Parfait Cereal</p>	<p>18</p> <p>Benefit Bar Cereal</p>	<p>19</p> <p> All grains are whole-grain rich (51% or more of the grain in whole grain, the remaining grain is enriched)</p>
<p>20</p>	<p>21</p> <p>Powdered Donuts Bagel w/cream cheese Cereal</p>	<p>22</p> <p>French Toast Sticks w/fresh fruit UBR Cereal</p>	<p>23</p> <p>Elote Concha Muffin/Smoothie Cereal</p>	<p>24</p> <p>Homemade Breakfast Burrito Yogurt Parfait Cereal</p>	<p>25</p> <p>Chicken Waffle Sandwich Benefit Bar Cereal</p>	<p>26</p> <p> 2 types of fruit will be offered daily</p>
<p>27</p>	<p>28</p> <p>Cinnamon Swirls Bagel w/cream cheese Cereal</p>	<p>29</p> <p>Fruit Loops Waffles UBR Cereal</p>	<p>30</p> <p>Wild Mike's Breakfast Pizza Muffin/smoothie Cereal</p>	<p>31</p> <p>Eggstravaganza Tachos Yogurt Parfait Cereal</p>		<p> Tues-Fri Waffle bar will include Syrup, whipped cream, and fruit</p>

