



October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Mini pancakes wraps w/ syrup, graham crackers, cereal, fruit, milk	2 Egg Patty and cheese biscuit, cereal graham crackers, juice, milk	3
4	5 Whole grain waffle sticks w/ syrup, sausage patty, cereal, graham crackers, juice, milk	6 Muffin, cheese stick, cereal, graham crackers, fruit, milk	7 Egg & Cheese hot pocket, cereal, graham crackers, fruit, milk	8 French toast sticks, syrup, Yogurt, cereal, fruit, milk	9 Sausage biscuit, cereal, graham crackers, juice, milk	10
11	12 Whole Wheat Pancakes w/ syrup, sausage patty, cereal, graham crackers, juice, milk	13 Muffin, cheese stick, cereal, graham crackers, fruit, milk	14 Breakfast pizza, cereal, graham crackers, fruit, milk	15 Mini pancakes wraps w/ syrup, graham crackers, cereal, fruit, milk	16 Egg Patty and cheese biscuit, cereal graham crackers, juice, milk	17
18	19 Whole grain waffle sticks w/ syrup, sausage patty, cereal, graham crackers, juice, milk	20 Muffin, cheese stick, cereal, graham crackers, fruit, milk	21 Egg & Cheese hot pocket, cereal, graham crackers, fruit, milk	22 French toast sticks, syrup, Yogurt, cereal, fruit, milk	23 No School Teacher Work Day	24
25	26 Whole Wheat Pancakes w/ syrup, sausage patty, cereal, graham crackers, juice, milk	27 Muffin, cheese stick, cereal, graham crackers, fruit, milk	28 Breakfast pizza, cereal, graham crackers, fruit, milk	29 Mini pancakes wraps w/ syrup, graham crackers, cereal, fruit, milk	30 Sausage biscuit, cereal, graham crackers, juice, milk	31