



# OCTOBER

**Monday****Tuesday****Wednesday****Thursday****Friday**

6

Muffin Assortment  
Strawberry Yogurt  
Assorted Cereal  
Fruit Juice  
Fruit  
Assorted Milk

13

20

Muffin Assortment  
Strawberry Yogurt  
Assorted Cereal  
Fruit Juice  
Fruit  
Assorted Milk

27

Mini Cinnis  
Assorted Cereal  
Fruit  
Assorted Milk  
Fruit Juice

7

Eggo Waffles  
Assorted Cereal  
Fruit  
Assorted Milk  
Fruit Juice  
Syrup

14

21

Eggo Waffles  
Assorted Cereal  
Fruit  
Assorted Milk  
Fruit Juice  
Syrup

28

Sausage Biscuit  
Assorted Cereal  
Fruit Juice  
Fruit  
Assorted Milk

1

Pancake and Sausage on a Stick  
Assorted Cereal  
Fruit Juice  
Fruit  
Assorted Milk

8

Cherry Strudel  
Assorted Cereal  
Fruit Juice  
Fruit  
Assorted Milk

15

Pancake and Sausage on a Stick  
Assorted Cereal  
Fruit Juice  
Fruit  
Assorted Milk

22

Cherry Strudel  
Assorted Cereal  
Fruit Juice  
Fruit  
Assorted Milk

29

Pancake and Sausage on a Stick  
Assorted Cereal  
Fruit Juice  
Fruit  
Assorted Milk

2

Egg and Cheese Sandwich  
Assorted Cereal  
Fruit Juice  
Fruit  
Assorted Milk

9

Egg and Cheese Sandwich  
Assorted Cereal  
Fruit Juice  
Fruit  
Assorted Milk

23

Breakfast Burrito  
Assorted Cereal  
Fruit Juice  
Fruit  
Assorted Milk

30

Egg and Cheese Sandwich  
Assorted Cereal  
Fruit Juice  
Fruit  
Assorted Milk

3

French Toast Sticks  
Assorted Cereal  
Fruit  
Assorted Milk  
Fruit Juice

10

17

French Toast Sticks  
Assorted Cereal  
Fruit  
Assorted Milk  
Fruit Juice

24

Poptart, Strawberry  
Assorted Cereal  
Fruit  
Assorted Milk  
Fruit Juice

31

French Toast Sticks  
Assorted Cereal  
Fruit  
Assorted Milk  
Fruit Juice

A variety of milk is offered at both meals. For lunch, students must choose at least 3 of the items offered, with one item including at least 1/2 cup of fruit or vegetables. Students may select all items if they desire. For breakfast, students must select at least 3 items with one being 1/2 cup fruit or vegetable. Alexander City Schools participates in Community Eligibility Provision and all student meals are at no costs.