



**GHOLSON ISD**  
**OCTOBER 2023 - BREAKFAST MENU**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>2</b> <b>Cereal &amp; Toast</b> <b>Pig-N-Blanket</b> <b>Diced Apples</b> <b>Milk</b> <b>Juice</b>	<b>3</b> <b>Cereal &amp; Toast</b> <b>Pancakes</b> <b>Mixed Fruit</b> <b>Milk</b> <b>Juice</b>	<b>4</b> <b>Cereal &amp; Toast</b> <b>Ham, Egg, Cheese</b> <b>Biscuit</b> <b>Peaches</b> <b>Milk</b> <b>Juice</b>	<b>5</b> <b>Cereal &amp; Toast</b> <b>Donut Holes</b> <b>Blueberries</b> <b>Milk</b> <b>Juice</b>	<b>6</b> <b>Cereal &amp; Toast</b> <b>Honey Bun</b> <b>Mandarin Oranges</b> <b>Milk</b> <b>Juice</b>
<b>9</b> <b>NO SCHOOL</b>  <b>HOLIDAY/BAD</b> <b>WEATHER</b> <b>DAY</b>	<b>10</b> <b>NO SCHOOL</b>  <b>HOLIDAY/BAD</b> <b>WEATHER</b> <b>DAY</b>	<b>11</b> <b>Cereal &amp; Toast</b> <b>Pancake on a stick</b> <b>Pineapple</b> <b>Milk</b> <b>Juice</b>	<b>12</b> <b>Cereal &amp; Toast</b> <b>Breakfast Pizza</b> <b>Applesauce</b> <b>Milk</b> <b>Juice</b>	<b>13</b> <b>Cereal &amp; Toast</b> <b>Muffins</b> <b>Diced Apples</b> <b>Milk</b> <b>Juice</b>
<b>16</b> <b>Cereal &amp; Toast</b> <b>Pig-N-Blanket</b> <b>Pineapples</b> <b>Milk</b> <b>Juice</b>	<b>17</b> <b>Cereal &amp; Toast</b> <b>French Toast Sticks</b> <b>Diced Pears</b> <b>Milk</b> <b>Juice</b>	<b>18</b> <b>Cereal &amp; Toast</b> <b>Scrambled Eggs</b> <b>w/Toast</b> <b>Mixed Fruit</b> <b>Milk</b> <b>Juice</b>	<b>19</b> <b>Cereal &amp; Toast</b> <b>Mini Pancakes</b> <b>Mandarin Oranges</b> <b>Milk</b> <b>Juice</b>	<b>20</b> <b>Cereal &amp; Toast</b> <b>Sausage, Egg, Cheese</b> <b>Biscuit</b> <b>Mandarin Oranges</b> <b>Milk</b> <b>Juice</b>
<b>23</b> <b>Cereal &amp; Toast</b> <b>Breakfast Bar w/Toast</b> <b>Diced Pears</b> <b>Milk</b> <b>Juice</b>	<b>24</b> <b>Cereal &amp; Toast</b> <b>Poptarts</b> <b>Mixed Fruit</b> <b>Milk</b> <b>Juice</b>	<b>25</b> <b>Cereal &amp; Toast</b> <b>French Toast Sticks</b> <b>Diced Apples</b> <b>Milk</b> <b>Juice</b>	<b>26</b> <b>Cereal &amp; Toast</b> <b>Breakfast Pizza</b> <b>Mixed Fruit</b> <b>Milk</b> <b>Juice</b>	<b>27</b> <b>Cereal &amp; Toast</b> <b>Muffins</b> <b>Peaches</b> <b>Milk</b> <b>Juice</b>
<b>30</b> <b>Cereal &amp; Toast</b> <b>Cinnamon Roll</b> <b>Pineapples</b> <b>Milk</b> <b>Juice</b>	<b>31</b> <b>Cereal &amp; Toast</b> <b>Egg Cheese Omelet</b> <b>w/Toast</b> <b>Mixed Fruit</b> <b>Milk</b> <b>Juice</b>			

**\*MENU IS SUBJECT TO CHANGE\***

Offer versus Serve Regulation is implemented in this school. For a complete MEAL, select at least 3 different items and one item must be a fruit or vegetable... In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discrimination based on race, color, nation origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by the USDA.

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