

BREAKFAST

-2023-

OCTOBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Cinnamon Roll Day is October 4.

Start your day in a fun way with a cinnamon roll. Don't forget to add a glass of milk and a side of fruit to complete your meal!

Reference: North American Food Service.



Adult Breakfast \$2.75

Sides \$1.50

Milk \$0.50

This Institution is an equal opportunity.

****MAY SUBJECT TO CHANGE****

2	3	4	5	6
Breakfast Taco Mild Salsa Assorted Juice Fruit Cocktail Assorted Milk	Whole Grain Pancakes Syrup Cinnamon Apple Slices Fresh Grapes Assorted Milk	Fruit & Yogurt Parfait Honey Graham Crackers Cantaloupe Assorted Milk	Cinnamon Rolls Hard Boiled Egg Tater Tots Fresh Apples Assorted Milk	Blueberry Muffin Squares Assorted Yogurt Assorted Juice Orange Smile Assorted Milk
 No School Indigenous People Day	9 Cream of Wheat Whole Grain Toast Assorted Jelly Assorted Juice Fresh Grapes Assorted Milk	10 Western Omelet Quesadilla Mild Salsa Diced Peaches Fresh Apple Assorted Milk	11 Blueberry Muffin Assorted Yogurt Assorted Juice Cantaloupe Assorted Milk	12 Baked French Toast Syrup Applesauce Strawberries Assorted Milk
16 Cinnamon Crisp w/ Fruit Salad Assorted Yogurt Sliced Peaches Assorted Milk	17 Blue Corn Mush Sausage Patty Assorted Juice Fresh Grapes Assorted Milk	18 Breakfast Burrito Mild Salsa Mandarin Oranges Watermelon Assorted Milk	19 No School 	
23 Cream of Wheat Whole Grain Toast Assorted Jelly Assorted Juice Raisins Assorted Milk	24 Turkey Ham, Egg & Cheese Sandwich Diced Peaches Fresh Grapes Assorted Milk	25 Oatmeal Muffin Squares Strawberry Fresh Bananas Assorted Milk	26 Huevos Rancheros Assorted Juice Watermelon Assorted Milk	27 Pancake on a Stick Syrup Pineapple Tidbits Orange Smiles Assorted Milk
30 Blue Corn Mush Scrambled Eggs w/ Sausage Sliced Peaches Mixed Berries Assorted Milk	31 Egg & Sausage Sandwich Assorted Juice Orange Smiles Assorted Milk 			

MOENCOPIDAY SCHOOL

