

October 2022

MOENCOPI DAY SCHOOL

BREAKFAST



Adult Breakfast \$2.50 Sides \$1.00 Milk \$0.50
This Institution is an equal opportunity.
****MAY SUBJECT TO CHANGE****



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Egg & Sausage Sandwich **3**
Fresh Grapes
Watermelon
Milk

Tuesday

Assorted Cold Cereal **4**
Buttered Toast w/ Jam
Assorted Juice
Orange Smiles
Milk

Wednesday

Western Omelet **5**
Mild Salsa
Diced Pears
Fresh Apples
Milk

Thursday

Breakfast Bagel **6**
Assorted Juice
Orange Smiles
Milk

Friday

No School
Fall Break

Banana Muffin **10**
Assorted Yogurt
Tropical Fruit
Sliced Peaches
Milk

Cream of Wheat **9**
Honey Graham Crackers
Assorted Juice
Fresh Grapes
Milk

Breakfast Burrito **8**
Mild Salsa
Applesauce
Cantaloupe
Milk

Blueberry Muffin **13**
Assorted Yogurt
Assorted Juice
Orang Smiles
Milk

Scrambles Eggs **14**
Sausage Patty
Fresh Apple
Milk

Assorted Cold Cereal **17**
Buttered Toast w/ Jam
Assorted Juice
Diced Pears
Milk

Cheesy Eggs and Potatoes **18**
Buttered Toast w/ Jam
Applesauce
Fresh Grapes
Milk

Oatmeal w/ Brown Sugar **19**
Sausage Patty
Cinnamon Apple Slices
Fresh Banana
Milk

Assorted Cold Cereal **20**
Honey Graham Crackers
Assorted Juice
Watermelon
Milk

Pancake on a Stick **21**
Pancake Syrup
Pineapple Tidbits
Orange Smiles
Milk

Blue Corn Mush **24**
Scrambled Eggs w/ Sausage
Sliced Peaches
Mixed Berries
Milk

Egg & Sausage Sandwich **25**
Assorted Juice
Fresh Banana
Milk

WG Bagel **26**
Cream Cheese
Fruit Cocktail
Watermelon
Milk

Cream of Wheat **27**
Honey Graham Crackers
Assorted Juice
Fresh Grapes
Milk

Breakfast Muffin **28**
Scrambled Eggs
Diced Pears
Orange Smiles
Milk

Have a Boo-ious Halloween!
Assorted Cold Cereal **31**
Buttered Toast w/ Jam
Diced Pears
Fresh Apples
Milk

