



OCTOBER 2021

BREAKFAST MENU

MONDAY

4



Pancakes
2MMA/1G

½ c Fruit choice
½ c Juice Choice
1 c Milk

TUESDAY

5

Cheesy Eggs & Potato
6"tortilla
2G

½ c Fruit choice
½ c Juice Choice
1 c Milk

WEDNESDAY

6

Biscuits & Gravy
.75MMA/2G

½ c Fruit choice
½ c Juice Choice
1 c Milk

THURSDAY

7

Assorted Cereal 1 ea

½ c Fruit choice
½ c Juice Choice
1 c Milk

FRIDAY

11



12

Blueberry Overnight Oats

½ c Fruit choice
½ c Juice Choice
1 c Milk

13

Cheesy Eggs & Potato
6"tortilla
2G

½ c Fruit choice
½ c Juice Choice
1 c Milk

14

Pancake Sausage on a Stick
2MMA/1G

½ c Fruit choice
½ c Juice Choice
1 c Milk

18

Pancakes with Syrup
2G

½ c Fruit choice
½ c Juice Choice
1 c Milk

19

Cinni Mini WG
2G

½ c Fruit choice
½ c Juice Choice
1 c Milk

20

Biscuit & gravy

½ c Fruit choice
½ c Juice Choice
1 c Milk

21

Cinnamon Stuffed Bagel
2G

½ c Fruit choice
½ c Juice Choice
1 c Milk

25

Breakfast Pizza
WG
2G

½ c Fruit choice
½ c Juice Choice
1 c Milk

26

Blueberry Overnight Oats

½ c Fruit choice
½ c Juice Choice
1 c Milk

27

WG Donut 1 ea

½ c Fruit choice
½ c Juice Choice
1 c Milk

28

Assorted Whole Grain Muffin 1 ea.
String Cheese 1 ea.

½ c Fruit choice
½ c Juice Choice
1 c Milk

Items include in the Bento Box:

WG Bagel, Cream Cheese, Cheese Stick, Apple Slices, Dried Cranberries



Key: BeWell Healthy Choice Vegetarian (Ovo-Lacto) Local

This institution is an equal opportunity provider

For questions and comments, please email the Food Service Director at faye.ortiz@aviands.com or call 928-228-3562

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