

## October 2018

### AASD Secondary School Breakfast Menu

Monday	1	Rainbow Glazed Donuts
Tuesday	2	Ham, Egg and Cheese on a Bagel
Wednesday	3	Breakfast Frittata on Flatbread
Thursday	4	Sausage, Egg, and Cheese Sandwich
Friday	5	Waffles with Bacon
Monday	8	Rainbow Glazed Donuts
Tuesday	9	Sausage, Egg and Cheese on a Biscuit
Wednesday	10	Breakfast Pizza
Thursday	11	Ham, Egg, and Cheese Croissant
Friday	12	No Secondary – Parent Teacher Conferences
Monday	15	Rainbow Glazed Donuts
Tuesday	16	Ham, Egg and Cheese on a Bagel
Wednesday	17	Breakfast Frittata on Flatbread
Thursday	18	Sausage, Egg, and Cheese Sandwich
Friday	19	Waffles with Bacon
Monday	22	Rainbow Glazed Donuts
Tuesday	23	Sausage, Egg and Cheese on a Biscuit
Wednesday	24	Breakfast Pizza
Thursday	25	Ham, Egg, and Cheese Croissant
Friday	26	No School
Monday	29	Rainbow Glazed Donuts
Tuesday	30	Ham, Egg and Cheese on a Bagel
Wednesday	31	Breakfast Frittata on Flatbread

All meals come with Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit and Choice of Milk

**Alternative Breakfast Entrée:** Assorted Cereal and Milk with Toast

**Whole grain cereal selection may include:** Cinnamon Toast Crunch, Trix, Cocoa Puffs, or Fruit Loops.

**What is a Meal?** You must choose at least 3 items. One must be a ½ cup of fruit.

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**What is an Item?** Grain, Protein, Choice of Fruit, or Choice of Milk

**Daily fruit selections may include:** oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges, 100% fruit juice.

**Breakfast Prices:** Student \$1.00. Reduced \$0.30. Adult \$2.00.

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