

# Franklin Towne Charter High School October 2018 Breakfast Menu



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Fluffy Pancakes with Syrup Or Sausage, Egg, and Cheese on a Bagel Chilled Juice or Fruit Low Fat Milk	<b>2</b> Waffle Bar with Assorted Toppings Or Egg and Cheese on a Bagel Chilled Juice or Fruit Low Fat Milk	<b>3</b> French Toast Sticks with Syrup Or Bacon, Egg, and Cheese on a Bagel Chilled Juice or Fruit Low Fat Milk	<b>4</b> Scrambled Eggs with Bacon and Breakfast Potatoes Or Sausage, Egg, and Cheese on a Bagel Chilled Juice or Fruit Low Fat Milk	<b>5</b> Pancake Sausage Wrap Or Pancake Breakfast Sandwich Chilled Juice or Fruit Low Fat Milk
<b>8</b> No School	<b>9</b> Franklin Towne Breakfast Wrap Or Egg and Cheese on a Bagel Chilled Juice or Fruit Low Fat Milk	<b>10</b> French Toast Sticks with Syrup Or Bacon, Egg, and Cheese on a Bagel Chilled Juice or Fruit Low Fat Milk	<b>11</b> Scrambled Eggs with Bacon and Breakfast Potatoes Or Sausage, Egg, and Cheese on a Bagel Chilled Juice or Fruit Low Fat Milk	<b>12</b> Breakfast Pizza Or Pancake Breakfast Sandwich Chilled Juice or Fruit Low Fat Milk
<b>15</b> Fluffy Pancakes with Syrup Or Sausage, Egg, and Cheese on a Bagel Chilled Juice or Fruit Low Fat Milk	<b>16</b> Waffle Bar with Assorted Toppings Or Egg and Cheese on a Bagel Chilled Juice or Fruit Low Fat Milk	<b>17</b> French Toast Sticks with Syrup Or Bacon, Egg, and Cheese on a Bagel Chilled Juice or Fruit Low Fat Milk	<b>18</b> Scrambled Eggs with Bacon and Breakfast Potatoes Or Sausage, Egg, and Cheese on a Bagel Chilled Juice or Fruit Low Fat Milk	<b>19</b> Pancake Sausage Wrap Or Pancake Breakfast Sandwich Chilled Juice or Fruit Low Fat Milk
<b>22</b> Chicken on a Biscuit Or Sausage, Egg, and Cheese on a Bagel Chilled Juice or Fruit Low Fat Milk	<b>23</b> Franklin Towne Breakfast Wrap Or Egg and Cheese on a Bagel Chilled Juice or Fruit Low Fat Milk	<b>24</b> French Toast Sticks with Syrup Or Bacon, Egg, and Cheese on a Bagel Chilled Juice or Fruit Low Fat Milk	<b>25</b> Scrambled Eggs with Bacon and Breakfast Potatoes Or Sausage, Egg, and Cheese on a Bagel Chilled Juice or Fruit Low Fat Milk	<b>26</b> Breakfast Pizza Or Pancake Breakfast Sandwich Chilled Juice or Fruit Low Fat Milk
<b>29</b> Fluffy Pancakes with Syrup Or Sausage, Egg, and Cheese on a Bagel Chilled Juice or Fruit Low Fat Milk	<b>30</b> Waffle Bar with Assorted Toppings Or Egg and Cheese on a Bagel Chilled Juice or Fruit Low Fat Milk	<b>31</b> French Toast Sticks with Syrup Or Bacon, Egg, and Cheese on a Bagel Chilled Juice or Fruit Low Fat Milk	<b>1</b> Scrambled Eggs with Bacon and Breakfast Potatoes Or Sausage, Egg, and Cheese on a Bagel Chilled Juice or Fruit Low Fat Milk	<b>2</b> Pancake Sausage Wrap Or Pancake Breakfast Sandwich Chilled Juice or Fruit Low Fat Milk

## What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

### Middle & High School Alternate Options May Include:

Banana or Blueberry Muffins  
Chocolate Chip Oatmeal Breakfast Bar  
Warm Grab & Go Breakfast Sandwiches  
Fortified Breakfast Pastries  
Warm Bagels  
Yogurt & Toast

Variety of Fresh Fruit, 100% Fruit Juice and Canned Fruits available daily.



### Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,  
Fat Free White and Low Fat White

Proud to manage your  
food service program



Meal Prices:  
Paid \$2.00  
Reduced \$3.30

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

**MENUS SUBJECT TO CHANGE**