

## October 2018

### AASD Elementary School Breakfast Menu

|           |    |                                      |
|-----------|----|--------------------------------------|
| Monday    | 1  | Rainbow Glazed Donuts                |
| Tuesday   | 2  | Ham, Egg and Cheese on a Bagel       |
| Wednesday | 3  | Scrambled Eggs and Cheese with Toast |
| Thursday  | 4  | Egg and Cheese Sandwich              |
| Friday    | 5  | Waffles                              |
| Monday    | 8  | Rainbow Glazed Donuts                |
| Tuesday   | 9  | Sausage, Egg and Cheese on a Biscuit |
| Wednesday | 10 | Breakfast Pizza                      |
| Thursday  | 11 | Egg and Cheese Croissant             |
| Friday    | 12 | Pancakes                             |
| Monday    | 15 | Rainbow Glazed Donuts                |
| Tuesday   | 16 | Ham, Egg and Cheese on a Bagel       |
| Wednesday | 17 | Scrambled Eggs and Cheese with Toast |
| Thursday  | 18 | Egg and Cheese Sandwich              |
| Friday    | 19 | Waffles                              |
| Monday    | 22 | Rainbow Glazed Donuts                |
| Tuesday   | 23 | Sausage, Egg and Cheese on a Biscuit |
| Wednesday | 24 | Breakfast Pizza                      |
| Thursday  | 25 | Egg and Cheese Croissant             |
| Friday    | 26 | No School                            |
| Monday    | 29 | Rainbow Glazed Donuts                |
| Tuesday   | 30 | Ham, Egg and Cheese on a Bagel       |
| Wednesday | 31 | Scrambled Eggs and Cheese with Toast |

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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