



A+ Charter Schools, Inc.

October 2018 Secondary Breakfast Menu



Monday

Tuesday

Wednesday

Thursday

Friday

1 Muffins or Assorted /Zee zees bars Choice of Cereal/Texas Toast <i>Pears</i> Assorted fresh fruit Choice of milk	2 Scrambled eggs w/Toast or Choice of Cereal/Cinnamon Toast <i>100% Fruit Juice</i> Assorted fresh fruit Choice of Milk	3 Breakfast Pizza or ZeeZees bars Choice of Cereal/Texas Toast <i>Sparkling Pears</i> Assorted fresh fruit Choice of Milk	4 Breakfast on Stick or Choice of Cereal/Cinnamon Toast <i>Mandarin oranges</i> Assorted fresh fruit Choice of Milk	5 Morning Roll or ZeeZees bars Choice of Cereal/ Texas Toast <i>Peaches</i> Assorted fresh fruit Choice of Milk
8 Morning rolls or Zee Zees Bars Choice of Cereal/Texas Toast <i>Fruit Cocktail</i> Assorted fresh fruit Choice of Milk	9 Biscuit & Sausage or Choice of Cereal/Cinnamon Toast <i>100% Fruit Juice</i> Assorted fresh fruit Choice of Milk	10 Pancakes w/ Little Smokies or Choice of Cereal/Texas Toast <i>Mix fruit</i> Assorted fresh fruit Choice of Milk	11 French Toast w/Hash brown or Choice of Cereal/Cinnamon Toast <i>100% Fruit Juice</i> Assorted fresh fruit Choice of Milk	12 Cinnamon roll or Choice of Cereal/ Texas Toast <i>Peaches</i> Assorted fresh fruit Choice of Milk
15 <i>No School</i>	16 Morning roll or Zee Zees Bars Choice of Cereal/ Cinnamon Toast <i>100% Fruit Juice</i> Assorted fresh fruit Choice of Milk	17 Biscuit w/Bacon/gravy Choice of Cereal/ Texas Toast <i>Sparkling pears</i> Assorted fresh fruit Choice of Milk	18 Choice of Cereal/ Cinnamon Toast or Breakfast on a stick <i>100% Fruit Juice</i> Assorted fresh fruit Choice of Milk	19 Choice Muffins/ZeeZees Bars Choice of Cereal/Texas Toast <i>Pears</i> Assorted fresh fruit Choice of Milk
22 Cinnamon Roll or Choice of Cereal/Texas Toast <i>Mandarin Oranges</i> Assorted fresh fruit Choice of Milk	23 French Toast w/Hash brown or Choice of Cereal/ Cinnamon Toast <i>100% Fruit Juice</i> Assorted fresh fruit Choice of Milk	24 Breakfast Pizza or Zee Zees Bars Choice of Cereal/ Texas Toast <i>Sparkling Pears</i> Assorted fresh fruit Choice of Milk	25 Pancakes/ w/ Little Smokies or Choice of Cereal/ Texas Toast <i>100% Fruit Juice</i> Assorted Fresh Fruit Choice of Milk	26 Biscuit & Sausage or Choice of Cereal/Texas Toast <i>Mixed Fruit</i> Assorted Fresh Fruit Choice of Milk
29 Morning roll or ZeeZees Bars Choice of Cereal/ Texas Toast <i>Sparkling pears</i> Assorted fresh fruit Choice of milk	30 Pancake on a stick or Choice of Cereal/ Cinnamon Toast <i>Peaches</i> Assorted fresh fruit Choice of milk	31 Yogurt Parfait with toast or Zee Zees Bars or Choice of Cereal/ Texas Toast <i>Mix fruit</i> Assorted Fresh fruit Choice of Milk	1 Biscuit and sausage or Choice of Cereal/ Texas Toast <i>100% fruit juice</i> Assorted fresh fruit Choice of milk	2 Eggs and biscuit or ZeeZees bars Choice of Cereal/Texas Toast <i>Pineapple</i> Assorted fresh fruit Choice of milk

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