

October 2018



AASD Secondary School Breakfast Menu

Start Your Day With a Great Breakfast!



What is a Meal?

At least 3 items
One must be a 1/2 cup of fruit

What is an Item?

Grain or Grain/Protein
Choice of Fruit
Choice of Milk
1% white, fat-free white, chocolate, vanilla, and strawberry

Daily Fruit May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges, 100% Fruit Juice

**Other Daily Options May Include:
Whole Grain Breakfast Bars**

Whole Grain Cereal
Cinnamon Toast Crunch
Cocoa Puffs
Reese's Puffs

Breakfast Prices:

Student \$1.00
Reduced \$.30
Adult \$2.10

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Rainbow Glazed Donuts</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>2</p> <p>Ham, Egg & Cheese On a Bagel</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>3</p> <p>Breakfast Wrap</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>4</p> <p>Sausage, Egg & Cheese Sandwich</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>5</p> <p>Waffles with Bacon</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>
<p>8</p> <p>Rainbow Glazed Donuts</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>9</p> <p>Sausage, Egg & Cheese on a Bagel</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>10</p> <p>Breakfast Pizza</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>11</p> <p>Ham, Egg & Cheese Croissant</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>12</p> <p>No Secondary Parent/Teacher Conferences</p> 
<p>15</p> <p>Rainbow Glazed Donuts</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>16</p> <p>Ham, Egg & Cheese On a Bagel</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>17</p> <p>Breakfast Wrap</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>18</p> <p>Sausage, Egg & Cheese Sandwich</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>19</p> <p>Waffles with Bacon</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>
<p>22</p> <p>Rainbow Glazed Donuts</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>23</p> <p>Sausage, Egg & Cheese on a Bagel</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>24</p> <p>Breakfast Pizza</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>25</p> <p>Ham, Egg & Cheese Croissant</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>26</p> <p>No School In Service</p> 
<p>29</p> <p>Rainbow Glazed Donuts</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>30</p> <p>Ham, Egg & Cheese On a Bagel</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>31</p> <p>Breakfast Wrap</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>		