



October 2018 - Menus

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Grades 9-12 Breakfast

MENUS ARE SUBJECT TO CHANGE

<p>10-1</p> <ul style="list-style-type: none"> ★ Crunchy Cereal V ★ Fruit- S ★ Fruit Juice ★ Got Milk 	<p>10-2</p> <ul style="list-style-type: none"> ★ Egg & Cheese Wrap V ★ Fruit- S ★ Fruit Juice ★ Got Milk 	<p>10-3</p> <ul style="list-style-type: none"> ★ Cinnamon Pancakes or French Toast Trio V ★ Fruit - S ★ Fruit Juice ★ Got Milk 	<p>10-4</p> <ul style="list-style-type: none"> ★ Beef Chorizo & Cheese Wrap ★ Fruit- S ★ Fruit Juice ★ Got Milk 	<p>10-5</p> <ul style="list-style-type: none"> ★ Grape Crescent - V ★ Fruit- S ★ Fruit Juice ★ Got Milk
<p>10-8</p> <ul style="list-style-type: none"> ★ Cinnamon Pancakes or Mini French Toast Bites V ★ Fruit- S ★ Fruit Juice ★ Got Milk 	<p>10-9</p> <ul style="list-style-type: none"> ★ Morning Beef Sausage Sandwich ★ Fruit - S ★ Fruit Juice ★ Got Milk 	<p>10-10</p> <ul style="list-style-type: none"> ★ Fiesta Bean & Cheese Burrito V ★ Fruit - S ★ Fruit Juice ★ Got Milk 	<p>10-11</p> <ul style="list-style-type: none"> ★ Egg & Cheese Sandwich V ★ Fruit- S ★ Fruit Juice ★ Got Milk 	<p>10-12</p> <ul style="list-style-type: none"> ★ Café LA Coffee Cake - V ★ Fruit- S ★ Fruit Juice ★ Got Milk
<p>10-15</p> <ul style="list-style-type: none"> ★ Crunchy Cereal V ★ Fruit- S ★ Fruit Juice ★ Got Milk 	<p>10-16</p> <ul style="list-style-type: none"> ★ Egg & Cheese Wrap V ★ Fruit- S ★ Fruit Juice ★ Got Milk 	<p>10-17</p> <ul style="list-style-type: none"> ★ Cinnamon Pancakes or French Toast Trio V ★ Fruit - S ★ Fruit Juice ★ Got Milk 	<p>10-18</p> <ul style="list-style-type: none"> ★ Beef Chorizo & Cheese Wrap ★ Fruit- S ★ Fruit Juice ★ Got Milk 	<p>10-19</p> <ul style="list-style-type: none"> ★ Bagel with Cream Cheese - V ★ Fruit- S ★ Fruit Juice ★ Got Milk
<p>10-22</p> <ul style="list-style-type: none"> ★ Cinnamon Pancakes or Mini French Toast Bites V ★ Fruit- S ★ Fruit Juice ★ Got Milk 	<p>10-23</p> <ul style="list-style-type: none"> ★ Morning Beef Sausage Sandwich ★ Fruit- S ★ Fruit Juice ★ Got Milk 	<p>10-24</p> <ul style="list-style-type: none"> ★ Fiesta Bean & Cheese Burrito V ★ Fruit - S ★ Fruit Juice ★ Got Milk 	<p>10-25</p> <ul style="list-style-type: none"> ★ Egg & Cheese Sandwich V ★ Fruit- S ★ Fruit Juice ★ Got Milk 	<p>10-26</p> <ul style="list-style-type: none"> ★ Manager's Choice ★ Fruit- S ★ Fruit Juice ★ Got Milk
<p>10-29</p> <ul style="list-style-type: none"> ★ Crunchy Cereal V ★ Fruit- S ★ Fruit Juice ★ Got Milk 	<p>10-30</p> <ul style="list-style-type: none"> ★ Egg & Cheese Wrap V ★ Fruit- S ★ Fruit Juice ★ Got Milk 	<p>10-31</p> <ul style="list-style-type: none"> ★ Cinnamon Pancakes or French Toast Trio V ★ Fruit - S ★ Fruit Juice ★ Got Milk 		

All of the Grain/Bread items served are whole grain.
 Milk Options: White Low Fat 1%, White Fat Free, White Non-Fat Lactose Free
 ★: For a reimbursable meal, pick at least 3 ★'s. **One** ★ must be a fruit
S: Items with an (S) can be saved for later **V**: Vegetarian items