



K-12 : Cairo Jr. / Sr. High October 2018 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1. Pancakes w/ Syrup Rosy Applesauce Orange Juice</p>	<p>2. Ham, Egg & Cheese Flatbread Chilled Pineapples Fruit Punch Juice</p>	<p>3. Berry Yogurt Parfait w/ Granola Baked Apple Slices Apple Juice</p>	<p>4. Denver Breakfast Bowl Buttered Toast Chilled Peaches Grape Juice</p>	<p>5. Biscuit & Gravy Red Apple Halve Orange Juice</p>
<p>8. Columbus Day No School</p>	<p>9. Cinnamon Oatmeal Cinnamon Toast Chilled Peaches Apple Juice</p>	<p>10. Ham, Egg & Cheese Burrito Raisins Orange Juice</p>	<p>11. Pancakes w/ Syrup Chilled Fruit Cocktail Grape Juice</p>	<p>12. Biscuit & Gravy Fresh Orange Wedges Apple Juice</p>
<p>15. Breakfast Pizza Fresh Orange Wedges Grape Juice</p>	<p>16. Pancakes w/ Syrup Chilled Pears Apple Juice</p>	<p>17. Ham ,Egg & Cheeee on Flatbread Raisins Fruit Punch Juice</p>	<p>18. Scrambled Eggs Turkey Sausage Link Buttered Toast Fruit Cocktail Apple Juice</p>	<p>19. Biscuit & Gravy Chilled Pineapple Tidbits Orange Juice</p>
<p>22. Breakfast Pizza Rosy Applesauce Apple Juice</p>	<p>23. Pancakes w/ Syrup Chilled Peaches Fruit Punch Juice</p>	<p>24. Carrot Cake Overnight Outrageous Oatmeal Fresh Banana Grape Juice</p>	<p>25. Blueberry Parfait w/ Granola Fresh Orange Wedges Apple Juice</p>	<p>26. No School Teacher Institute Day</p>
<p>29. Breakfast Pizza Rosy Applesauce Orange Juice</p>	<p>30. Ham, Egg Cheese Flatbread Chilled Pineapples Fruit Punch Juice</p>	<p>31. Berry Yogurt Parfait w/ Granola Chilled Peaches Apple juice</p>		
Daily Alternates				
Assorted Cereal w/ Graham Crackers Or French Toast w/ Syrup	Assorted Cereal w/ Graham w/ Graham Crackers Or French Toast w/ Syrup	Assorted Cereal w/ Graham Crackers Or French Toast w/ Syrup	Assorted Cereal W/ Graham Crackers Or French Toast w/ Syrup	Assorted Cereal w/ Graham Crackers Or French Toast w/ Syrup

BREAKFAST: A full student breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and choice of milk. Milk choices include 1% white and skim chocolate.



This month
we're celebrating
autumn squash



chartwells
Discovery
KITCHEN

Please update the bottom of each menu with the Food Focus of the Month as applicable to your menus:



This month
we're celebrating
cranberries

Discovery
KITCHEN



This month
we're celebrating
tomatoes

Discovery
KITCHEN



This month
we're celebrating
berries

Discovery
KITCHEN



This month
we're celebrating
autumn squash

Discovery
KITCHEN