



OCTOBER | 2018

SALT FORK CUSD #512 BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Assorted Cereals Dinosaur Grahams Fruit 100% Fruit Juice Milk	2 Egg & Cheese Omelet Waffle Bites Fruit 100% Fruit Juice Milk	3 Granola Bar Yogurt Fruit 100% Fruit Juice Milk	4 Pancakes Cheese Stick or Cubes Fruit 100% Fruit Juice Milk	5 NO SCHOOL STAFF INSTITUTE
8 NO SCHOOL COLUMBUS DAY	9 Cinnamon Pretzel Honey Grahams Fruit 100% Fruit Juice Milk	10 Banana Bread Loaf Yogurt Fruit 100% Fruit Juice Milk	11 Sausage Breakfast Pizza Rice Krispy Treat Fruit 100% Fruit Juice Milk	12 Pop Tarts String Cheese Fruit 100% Fruit Juice Milk
15 Assorted Cereals Cheez-It's Fruit 100% Fruit Juice Milk	16 Bacon, Egg & Cheese Biscuit Yogurt Fruit 100% Fruit Juice Milk	17 Twix Cereal Bar String Cheese Fruit 100% Fruit Juice Milk	18 Egg & Cheese Breakfast Wrap Graham Grips Fruit 100% Fruit Juice Milk	19 NO SCHOOL DISTRICT CLOSED
22 Assorted Cereals String Cheese Fruit 100% Fruit Juice Milk	23 Egg & Cheese Muffin Sandwich Hard Boiled Egg Fruit 100% Fruit Juice Milk	24 Chocolate Donuts Dinosaur Grahams Fruit 100% Fruit Juice Milk	25 Waffles or Pancakes Yogurt Fruit 100% Fruit Juice Milk	26 Assorted Muffins Scooby Doo Snacks Fruit 100% Fruit Juice Milk
29 Assorted Cereals Rice Krispy Treat Fruit 100% Fruit Juice Milk	30 French Toast Syrup Sausage Link or Patty Fruit 100 Fruit Juice Milk	31 Chocolate Oatmeal Bar Gold Fish Fruit 100% Fruit Juice Milk		

News
DON'T FORGET YOU CAN PAY ONLINE THROUGH TEACHEREASE FOR YOUR CHILD'S MEALS FOR A MINIMAL FEE. ANY QUESTIONS PLEASE ASK YOUR SCHOOL SECRETARY.

Our menus follow USDA HHFKA 2010 and NSLBP guidelines.

Menus are subject to change.

This institution is an equal opportunity provider.

Questions or comments?
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THANK YOU FOR PARTICIPATING IN OUR SCHOOL MEALS!!