



K-8 : Cairo Elementary October 2018 Breakfast Menu

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

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



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



This month
we're celebrating
tomatoes



This month
we're celebrating
berries



This month
we're celebrating
autumn squash

