






# October 2013

## Middle School Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 **Biscuit & Gravy Cereal & Toast Yogurt & Muffin Yogurt Parfait	2 <b>COLLABORATIVE DAY</b>	3 Grits Cheddar Cheese Scrambled Eggs Cereal & Toast Yogurt & Muffin Yogurt Parfait	4 Blueberry Glazed Pancakes Cereal & Toast Yogurt & Muffin Yogurt Parfait 
7 Sunrise Flatbread Pizza Cereal & Toast Yogurt & Muffin Yogurt Parfait	8 **Biscuit & Gravy Cereal & Toast Yogurt & Muffin Yogurt Parfait	9 Cinnamon Glazed Pancakes Cereal & Toast Yogurt & Muffin Yogurt Parfait	10 Grits Cheddar Cheese Scrambled Eggs Cereal & Toast Yogurt & Muffin Yogurt Parfait	11 French Toast Sticks & Syrup Cereal & Toast Yogurt & Muffin Yogurt Parfait
14 **Breakfast Pizza Cereal & Toast Yogurt & Muffin Yogurt Parfait	15 **Biscuit & Gravy Cereal & Toast Yogurt & Muffin Yogurt Parfait	16 Waffles & Syrup Cereal & Toast Yogurt & Muffin Yogurt Parfait	17 Grits Cheddar Cheese Scrambled Eggs Cereal & Toast Yogurt & Muffin Yogurt Parfait	18 Eggo Choc. Chip French Toast Minis Cereal & Toast Yogurt & Muffin Yogurt Parfait
21 Sunrise Flatbread Pizza Cereal & Toast Yogurt & Muffin Yogurt Parfait	22 **Biscuit & Gravy Cereal & Toast Yogurt & Muffin Yogurt Parfait	23 Eggo Maple Minis Cereal & Toast Yogurt & Muffin Yogurt Parfait	24 Grits Cheddar Cheese Scrambled Eggs Cereal & Toast Yogurt & Muffin Yogurt Parfait	25 French Toast Sticks & Syrup Cereal & Toast Yogurt & Muffin Yogurt Parfait 
28 **Breakfast Pizza Cereal & Toast Yogurt & Muffin Yogurt Parfait	29 **Biscuit & Gravy Cereal & Toast Yogurt & Muffin Yogurt Parfait	30 French Toast Sticks & Syrup Cereal & Toast Yogurt & Muffin Yogurt Parfait	31 Grits Cheddar Cheese Scrambled Eggs Cereal & Toast Yogurt & Muffin Yogurt Parfait 	

### MEALTIME MESSAGE

Breakfast \$1.25

Fruit and/or Juice also offered daily with Breakfast.

Assorted Milk Choices Available Daily for Breakfast and Lunch:  
1% White, Skim White, Fat Free Chocolate, Strawberry, and Vanilla

### Fun Facts About Eggs:

An egg shell has as many as 17,000 pores over its surface.

A hen can lay about 250 eggs per year.

In the US, about 280 million hens produce more than 65 billion eggs per year.

\*\* Contains Pork

Menu Items subject to change based upon availability.

Nondiscrimination Statement: This institution is an equal opportunity provider.  
Make payments easily & safely using LunchPrePay.com

