

**New Menu Item
Try Out!
Hard Boiled Egg!**

Tuesday

Wednesday

Thursday

Friday

WG Muffin & Cheese Stick **1**
Fresh Assorted Fruit
Chilled 100% Juice
Milk

Egg & Cheese Sandwich **2**
Fresh Assorted Fruit
Chilled 100% Juice
Milk

WG Muffin & Hard Boiled Egg **3**
Fresh Assorted Fruit
Chilled 100% Juice
Milk

WG Bagel with Sunbutter or Cream Cheese **4**
Fresh Assorted Fruit
Chilled 100% Juice
Milk

WG Pumpkin Bread Slice & Cheese Stick **7**
Fresh Assorted Fruit
Chilled 100% Juice
Milk

Breakfast Bar & Cheese Stick **8**
Fresh Assorted Fruit
Chilled 100% Juice
Milk

Tornado Sausage, Egg, and Cheese Rolls & Cereal **9**
Fresh Assorted Fruit
Chilled 100% Juice
Milk

WG Bagel with Sunbutter or Cream Cheese **10**
Fresh Assorted Fruit
Chilled 100% Juice
Milk

Sweet Potato Cinnamon Roll **11**
Fresh Assorted Fruit
Chilled 100% Juice
Milk

No School Columbus Day! **14**

WG Muffin & Cheese Stick **15**
Fresh Assorted Fruit
Chilled 100% Juice
Milk

Pancake Sausage Stick & Cereal **16**
Fresh Assorted Fruit
Chilled 100% Juice
Milk

WG Muffin & Hard Boiled Egg **17**
Fresh Assorted Fruit
Chilled 100% Juice
Milk

WG Bagel with Sunbutter or Cream Cheese **18**
Fresh Assorted Fruit
Chilled 100% Juice
Milk

WG Banana Bread Slice & Cheese Stick **21**
Fresh Assorted Fruit
Chilled 100% Juice
Milk

Breakfast Bar & Cheese Stick **22**
Fresh Assorted Fruit
Chilled 100% Juice
Milk

WG Pancakes **23**
Fresh Assorted Fruit
Chilled 100% Juice
Milk

WG Cereal & Hard Boiled Egg **24**
Fresh Assorted Fruit
Chilled 100% Juice
Milk

Sweet Potato Cinnamon Roll **25**
Fresh Assorted Fruit
Chilled 100% Juice
Milk

WG Pumpkin Bread & Cheese Stick **28**
Fresh Assorted Fruit
Chilled 100% Juice
Milk

WG Muffin & Cheese Stick **29**
Fresh Assorted Fruit
Chilled 100% Juice
Milk

WG French Toast Sticks **30**
Fresh Assorted Fruit
Chilled 100% Juice
Milk

WG Bagel with Sunbutter or Cream Cheese **31**
Fresh Assorted Fruit
Chilled 100% Juice
Milk

Providing breakfast to students is shown to improve concentration, alertness, memory, & learning

All grains provided are whole grain

This institution is an equal opportunity provider

