



## OCTOBER 2018 ELEMENTARY BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Mini Maple Pancakes  Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice	Waffles  Blueberry topping Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice	Egg & cheese sandwich  Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice	Fresh baked Cinnamon roll  Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice	Fresh baked Chocolate Chip Muffin  Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice
Weekly Alternate: Cereal OR Fresh baked Pumpkin muffin, Yogurt, Fruit and Juice				
8	9	10	11	12
<b>NO SCHOOL</b>  <b>Columbus Day</b>	<b>NO SCHOOL</b>  <b>Teacher Prof Dev</b>	Egg & Cheese Sandwich  Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice	Sunbutter & Banana wrap  Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice	Fresh baked Chocolate Chip Muffin  Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice
Weekly Alternate: Cereal OR Fresh baked Pumpkin muffin Yogurt, Fruit and Juice				
15	16	17	18	19
Country skillet breakfast wrap  Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice	Blueberry Parfait  Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice	Fresh baked Cinnamon roll  Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice	Egg & Cheese Sandwich  Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice	Fresh baked Chocolate Chip Muffin  Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice
Weekly Alternate: Cereal OR Fresh baked Pumpkin muffin Yogurt, Fruit and Juice				
22	23	24	25	26
French toast  Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice	Mini Maple Pancakes  Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice	Turkey Ham egg & cheese sandwich  Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice	Blueberry Parfait  Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice	Fresh baked Chocolate Chip Muffin  Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice
Weekly Alternate: Cereal OR Fresh baked Pumpkin muffin Yogurt, Fruit and Juice				
29	30	31	1	2
Pumpkin pie parfait Assorted fresh local seasonal fruit . Assorted fruit juice	French toast. Assorted fresh local seasonal fruit . Assorted fruit juice.	Fresh baked cinnamon roll . Assorted Fresh Local Seasonal Fruit . Assorted Fruit Juice	Blueberry Parfait. Assorted fresh local fruit . Assorted Fruit Juice	Fresh baked chocolate Chip Muffin. Yogurt Assorted Fresh Local Fruit Assorted fruit Juice
Weekly Alternate: Cereal OR Fresh baked Pumpkin muffinYogurt, Fruit and Juice				
<p style="text-align: center;"><b>Food Focus :</b> Our Month focus is Autumn squash. The most popular variety in America, the Waltham Butternut, is very young – developed in Waltham, Mass., in the 1940s by Robert E. Young. The name comes from the saying ‘Smooth as butter, sweet as a nut.’</p> <p style="text-align: center;"><b>Interesting Fact(s):</b> Butternut squash need help from bees to pollinate the blossoms and make a ‘baby squash.’ Butternut were developed from the older crook-necked squash to result in something sturdier and easier to transport.</p> <p style="text-align: center;"><b>Nutrition:</b> Butternut is a great source of Vitamin A, Vitamin C, fiber, zinc and protein, among other nutrients.</p>				
A Full Student breakfast includes a choice of entrée supplying grain and/or protein, a fruit side and choice of milk.				
This institution is an equal opportunity provider				
<b>Have you Filled out a meal application? It takes just a few minutes !</b>				