







BSSD October 2018 Breakfast Menu

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|---|---|--|
|  <p>Teach kids the difference between everyday snacks (fruits/veggies) & occasional sweet treats.</p>  | | | | | | |
| | Oct 1 Craisins Breakfast Pocket <i>Egg, Cheese, & Sausage</i> Muffin Squares Milk | Oct 2 Mangos Cinnamon Struesel Cake Sausage Patty Milk | Oct 3 Peaches Scrambled Eggs Toast w/Jelly Milk | Oct 4 Applesauce Assorted Dry Cereal Graham Crackers Milk | Oct 5 COOKS' CHOICE Fruit 2 Grain Bread •OR• 1 Grain Bread & 1 Meat Milk | Oct 6  |
| Oct 7  | Oct 8 Apricots Hot Oatmeal w/Raisins Cinnamon Toast Milk | Oct 9 Craisins Cinnamon Rolls Butter Milk | Oct 10 Mixed Fruit Egg & Cheese Omelet Salsa Milk | Oct 11 Cooks' Choice Fruit French Toast Syrup Milk | Oct 12 Grapefruit Sections Pancake & Sausage on Stick Syrup Milk | Oct 13 |
| Oct 14 | Oct 15 Cooks' Choice Juice Assorted Dry Cereal Graham Cracker w/Peanut Butter Milk | Oct 16 Apricots Biscuits & Gravy Milk | Oct 17 Strawberries Cream of Wheat Cinnamon Toast Milk | Oct 18 Pineapple Chunks Waffles Sausage Patty Milk | Oct 19 Mixed Berries Buttermilk Pancakes Syrup Milk | Oct 20  |
| Oct 21 | Oct 22 Grapefruit Sections Breakfast Bites Syrup Milk | Oct 23 Mixed Fruit Scrambled Eggs Toast w/Jelly Milk | Oct 24 Applesauce Blueberry Muffins Sausage Links Milk | Oct 25 Mangos Cinnamon Streusel Coffee Cake Sausage Patty Milk | Oct 26 Peaches French Toast Syrup Milk | Oct 27 |
| Oct 28  | Oct 29 Pineapple Chunks Breakfast Burritos Salsa Milk | Oct 30 Orange Juice Lemon Poppy Seed Muffins Sausage Patty Milk | Oct 31 Apricots Breakfast Pizza Graham Cracker w/Peanut Butter Milk | Q: Why was the Jack-o-lantern afraid to cross the road? <p style="text-align: center;"><i>See lunch menu for the answer</i></p>  | | |

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|--|---|--|--|---|--|--|---|
| | Oct 1 Applesauce Popcorn Chicken Baked Beans Pilot Bread Cracker Milk | Oct 2 Strawberries Lasagna Green Beans Garlic Bread Milk | Oct 3 Mixed Fruit Chicken Fajitas Mixed Vegetables Cornbread w/Honey Milk | Oct 4 Mandarin Oranges Baja Fish Nuggets Broccoli Sweet Potato Fries Milk | Oct 5 Pears Pepperoni Pizza Corn Pasta Salad Chocolate or White Milk | Oct 6  | |
|  | Oct 7 Mixed Fruit Burritos Vegetable Blend Slice of Bread Milk | Oct 8 Pineapple Chunks Baked Alaskan Silver Salmon Creamed Spinach Brown Rice Milk | Oct 9 Peaches Spaghetti w/Meatsauce Peas & Carrots Garlic Bread Milk | Oct 10 Mixed Berries Toasted Ham & Cheese Sandwiches Tomato Soup w/saltines Peas Milk | Oct 11 COOKS' CHOICE Fruit Main Dish Vegetable Grain Dessert Milk | Oct 12 Oct 13 | |
| | Oct 14 Strawberries Corn Dogs Sliced Carrots Crinkle Cut Fries Milk | Oct 15 Mangos Japanese Cherry Blossom Chicken Vegetable Blend Brown Fried Rice w/Egg Roll Milk | Oct 16 Applesauce Shrimp Poppers Baked Beans Hot Rolls Milk | Oct 17 Mandarin Oranges Ground Beef Stroganoff Broccoli Tater Tots Milk | Oct 18 Pears Hot Dogs Green Beans Pasta Salad Chocolate or White Milk | Oct 19 Oct 20  | |
| | Oct 21 Pears Chicken Nuggets Mixed Vegetables Baking Powder Biscuits Milk | Oct 22 Peaches Salmon Spread Sandwich Chicken Vegetable Soup w/Crackers Corn Milk | Oct 23 Pineapple Chunks Chili Con Carne Green Beans Cornbread w/Honey Milk | Oct 24 Mixed Berries Pepperoni Pizza Sugar Snap Peas Pilot Bread Cracker w/Peanut Butter Milk | Oct 25 Mixed Fruit Pulled Pork Creamed Spinach Sweet Potato Fries Chocolate or White Milk | Oct 26 Oct 27 | |
|  | Oct 28 Applesauce Popcorn Chicken Baked Beans Tater Tots Milk | Oct 29 Mixed Fruit Fish Sticks Broccoli Ancient Grain Rice w/Kale Milk | Oct 30 Pears Salisbury Steak w/Mashed Potato & Gravy Sliced Carrots Slice of Bread Peanut Butter Cookie Milk | Oct 31 A: Because it had no guts! Fun Fact About The Pumpkin! <ul style="list-style-type: none"> ➤ Pumpkins contain potassium and Vitamin A. ➤ Pumpkin flowers are edible. ➤ Pumpkins are 90 percent water.  | | |  |