

**Daily GRAB & GO BREAKFAST:**

Includes milk, fruit, choice of cheese stick or yogurt, and choice of entrée: whole grain cereal\*, whole grain muffin top\*, whole grain banana bread slice\*, whole grain mini loaf bread\*, whole grain pop tart\*or whole grain frudel\*.

## October 2018

# St. Francis Elementary North Breakfast Menu

**Student \$1.45/2<sup>nd</sup> Breakfast \$2.00/Adult \$2.00**

Monday	Tuesday	Wednesday	Thursday	Friday
1 Breakfast Burrito or Whole Grain PBJ Chilled Fruit 100% Fruit Juice Milk	2 Whole Grain Waffles* with Syrup or Whole Grain PBJ Chilled Fruit 100% Fruit Juice Milk	3 Egg, Sausage or Ham, & Cheese on a Wheat English Muffin or Whole Grain PBJ Chilled Fruit 100% Fruit Juice Milk	4 Whole Grain Pancakes* with Turkey Sausage Patty and Syrup Chilled Fruit 100% Fruit Juice Milk	5 Whole Grain Cinnamon Bun* or Whole Grain PBJ Chilled Fruit 100% Fruit Juice Milk
8 Whole Grain Pancake Sausage Bites* or Whole Grain PBJ Chilled Fruit 100% Fruit Juice Milk	9 Whole Grain Waffles* with Syrup or Whole Grain PBJ Chilled Fruit 100% Fruit Juice Milk	10 Egg, Sausage or Ham, & Cheese on a Wheat English Muffin or Whole Grain PBJ Chilled Fruit 100% Fruit Juice Milk	11 Whole Grain Pancakes* with Turkey Sausage Patty and Syrup Chilled Fruit 100% Fruit Juice Milk	12 French Toast Sticks* or Whole Grain PBJ Chilled Fruit 100% Fruit Juice Milk
15 Breakfast Burrito or Whole Grain PBJ Chilled Fruit 100% Fruit Juice Milk	16 Whole Grain Waffles* with Syrup or Whole Grain PBJ Chilled Fruit 100% Fruit Juice Milk	17 <b>90 Minute Late Start</b> <b>Grab-n-Go Breakfast Special</b> Whole Grain Mini Donuts Fruit 100% Fruit Juice Milk	18 No School 	19 No School
22 Whole Grain Pancake Sausage Bites* or Whole Grain PBJ Chilled Fruit 100% Fruit Juice Milk	23 Whole Grain Waffles* with Syrup or Whole Grain PBJ Chilled Fruit 100% Fruit Juice Milk	24 Egg, Sausage or Ham, & Cheese on a Wheat English Muffin or Whole Grain PBJ Chilled Fruit 100% Fruit Juice Milk	25 Whole Grain Pancakes* with Turkey Sausage Patty and Syrup Chilled Fruit 100% Fruit Juice Milk	26 French Toast Sticks* or Whole Grain PBJ Chilled Fruit 100% Fruit Juice Milk
29 Breakfast Burrito or Whole Grain PBJ Chilled Fruit 100% Fruit Juice Milk	30 Whole Grain Waffles* with Syrup or Whole Grain PBJ Chilled Fruit 100% Fruit Juice Milk	31 Egg, Sausage or Ham, & Cheese on a Wheat English Muffin or Whole Grain PBJ Chilled Fruit 100% Fruit Juice Milk		

◆=USDA Child Nutrition Label, (USDA Certified product meets Child Nutrition meal pattern requirements for lean protein &/or whole grain rich grains). Program benefits and services are available to all children without regard to race, religion, color, sex, handicap, age or national origin. Free and reduced meal applications are available throughout the year in all schools or on the website at [www.isd15.org](http://www.isd15.org). Students that receive free/reduced lunch also receive a free breakfast. Sending cash is at your own risk. Please send checks or use Visa, MasterCard, Discover, electronic check or debit card to purchase meals at <https://paypams.com>, a transaction fee will be assessed for each transaction. \*\*Menu, product & nutritional information are subject to change per vendor product availability. This Institution is an equal opportunity provider.