October Secondary (back) MENU SUBJECT TO CHANGE



Mon., Oct. 14	Tues., Oct. 15	Wed., Oct. 16	Thur., Oct. 17	Fri., Oct. 18
	Choose ONE ONLY	Choose ONE ONLY	Choose ONE ONLY	Choose ONE ONLY
NO SCHOOL	*Pancake Bites & Scrambled Eggs *Apple Frudel Stk. *Cereal Also available: Whole wheat toast, fruit of the day and Milk	*Egg & Cheese English Muffin *Cinnamon Ultimate Brk. Round *Cereal Also available: Whole wheat tOast, fruit of the day and Milk	*Apple Cinnamon Muffin *Maple Brown Sugar Oatmeal *Cereal Also available: Whole wheat toast, fruit of the day and Milk	*Bagel & Cream Cheese *Chocolate Muffin *Cereal Also available: Whole wheat toast, fruit of the day and Milk
Mon., Oct. 21	Tues., Oct. 22	Wed., Oct. 23	Thur., Oct. 24	Fri., Oct. 25
Choose ONE ONLY *Sausage Breakfast Pizza *Muffin *Cereal Also available: Whole wheat toast, fruit of the day and Milk	Choose ONE ONLY *Pancake Bites *Maple Brown Sugar Oatmeal *Cereal Also available: Whole wheat toast, fruit of the day and Milk	Choose ONE ONLY *Biscuit & Sausage Gravy *Cereal Also available: Whole wheat toast, fruit of the day and Milk	Choose ONE ONLY *Ham & Cheese Frittata *Bagel & Cream Cheese *Cereal Also available: Whole wheat toast, fruit of the day and Milk	NO SCHOOL
Mon., Oct. 28 Choose ONE ONLY *Bagel & Cream Cheese *Cereal Also available: Whole wheat toast, fruit of the day and Milk	Tues., Oct. 29 Choose ONE ONLY *Sausage & Cheese Biscuit *Cereal Also available: Whole wheat toast, fruit of the day and Milk	Wed., Oct. 30 Choose ONE ONLY *Ham & Cheese Crunch Wrap *Chocolate Muffin *Cereal Also available: Whole wheat toast, fruit of the day and Milk	Thur., Oct. 31 Choose ONE ONLY *Cinnamon Roll *Cereal Also available: Whole wheat toast, fruit of the day and Milk	



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