

St. Michaels Middle and St. Michaels High and Easton High School Breakfast October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Scrambled Eggs w/wo Toast Chocolate Crescent Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Breakfast Sandwich WG Donut Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Pancakes WG Honey Bun Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Sausage Biscuit WG Donut Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Breakfast Flatbread Cinni Mini Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk
8	9	10	11	12
Egg & Cheese Muffin WG Honey Bun Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Breakfast Sandwich WG Donut Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Breakfast Pizza WG Honey Bun Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Waffle Sticks WG Donut Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Breakfast Flatbread Cinni Mini Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk
15	16	17	18	19
Scrambled Eggs w/wo Toast Chocolate Crescent Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Breakfast Sandwich WG Donut Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Pancakes WG Honey Bun Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Sausage Biscuit WG Donut Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Breakfast Flatbread Cinni Mini Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk
22	23	24	25	26
Egg & Cheese Muffin WG Honey Bun Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Breakfast Sandwich WG Donut Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Breakfast Pizza WG Honey Bun Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Waffle Sticks WG Donut Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Breakfast Flatbread Cinni Mini's Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk
29	30	31		
Scrambled Eggs w/wo Toast Chocolate Crescent Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Breakfast Sandwich WG Donut Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Pancakes WG Honey Bun Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk		