

October 2017

DES PES & DCMS

BREAKFAST



This institution is an equal opportunity provider.



Daily Servings: 1 oz. grains/breads daily. Minimum 7ozs. (K-5) 8 ozs. (6-8) Maximum 10 ozs. For both. 1 oz. meat/meat alternate may be substituted for 1 oz. grain after daily minimum is met. 1 cup fruit daily (5 cups per week) 1 cup milk daily (5 cups per week.)



Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast Pizza **2**
Fruit Choice
100% Juice
Milk

Chicken and Biscuit **3**
Fruit Choice
100% Juice
Milk

Pancake on a Stick or Cinni Minis Fruit Choice **4**
100% Juice
Milk

Sausage and Biscuit **5**
Fruit Choice
100% Fruit Juice
Milk

French Toast Sticks **6**
Fruit Choice
100% Juice
Milk

Fall Break **9**

Fall Break **10**


Fall Break **11**

Fall break **12**

Fall Break **13**

Scrambled Eggs **16**
Biscuit w/Gravy
Fruit Choice
100% Juice
Milk

Breakfast Pizza **17**
Fruit Choice
100% Juice
Milk

Chicken and Biscuit **18**
Fruit Choice
100% Juice
Milk

Waffle Sticks or Cinni Minis, Fruit Choice **19**
100% Juice
Milk

Sausage and Biscuit **20**
Fruit Choice
100% Fruit Juice
Milk

Pancake on a stick **23**
Fruit Choice
100% Juice

Chicken and Biscuit **24**
Fruit Choice
100% Juice
Milk

Breakfast Pizza **25**
Fruit Choice
100% Juice
Milk

Sausage and Biscuit **26**
Fruit Choice
100% Fruit Juice
Milk

French Toast Sticks **27**
Fruit Choice
100% Juice
Milk

Breakfast Pizza **30**
Fruit Choice
100% Juice
Milk

Scrambled Eggs **31**
Biscuit w/Gravy
Fruit Choice
100% Juice Milk

