



# October 2018 - Menus

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EEC Breakfast				
MENUS ARE SUBJECT TO CHANGE				
10-1 Crunchy Cereal <b>V</b> Fruit- <b>S</b> Got Milk	10-2 Egg, Cheese & Turkey Sausage Wrap Egg & Cheese Wrap <b>V</b> ** Fruit Got Milk	10-3 Cinnamony Pancakes or French Toast Trio <b>V</b> Fruit Got Milk	10-4 Beef Chorizo & Cheese Wrap Fruit Got Milk	10-5 Fiesta Bean & Cheese Burrito - <b>V</b> Fruit Got Milk
10-8 Cinnamony Pancakes or Mini French Toast Bites <b>V</b> Fruit Got Milk	10-9 Morning Beef Sausage Sandwich Fruit Got Milk	10-10 Fiesta Bean & Cheese Burrito <b>V</b> Fruit Got Milk	10-11 Egg & Cheese Italiano Pocket <b>V</b> Fruit Got Milk	10-12 Crunchy Cereal - <b>V</b> Fruit Got Milk
10-15 Crunchy Cereal <b>V</b> Fruit Got Milk	10-16 Egg, Cheese & Turkey Sausage Wrap Egg & Cheese Wrap <b>V</b> ** Fruit Got Milk	10-17 Cinnamony Pancakes or French Toast Trio <b>V</b> Fruit Got Milk	10-18 Beef Chorizo & Cheese Wrap Fruit Got Milk	10-19 Fiesta Bean & Cheese Burrito - <b>V</b> Fruit Got Milk
10-22 Cinnamony Pancakes or Mini French Toast Bites <b>V</b> Fruit- <b>S</b> Got Milk	10-23 Morning Beef Sausage Sandwich Fruit Got Milk	10-24 Fiesta Bean & Cheese Burrito <b>V</b> Fruit Got Milk	10-25 Egg & Cheese Sandwich <b>V</b> Fruit Got Milk	10-26 Manager's Choice Fruit Got Milk
10-29 Crunchy Cereal <b>V</b> Fruit- <b>S</b> Got Milk	10-30 Egg & Cheese Wrap <b>V</b> Fruit Got Milk	10-31 Cinnamony Pancakes or French Toast Trio <b>V</b> Fruit Got Milk		

All of the Grain/Bread items served are Whole Grain Rich.

Milk Options: White Low Fat 1%, White Fat Free, White Non-Fat Lactose Free

**V:** Vegetarian items

\*\* (NNC Sites Only)