



October 2018 - Menus

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h2>Grades 9-12 Breakfast</h2> <p><i>MENUS ARE SUBJECT TO CHANGE</i></p>				
10-1 ★ Crunchy Cereal V ★ Fruit- S ★ Fruit Juice ★ Got Milk	10-2 ★ Egg & Cheese Wrap V ★ Fruit- S ★ Fruit Juice ★ Got Milk	10-3 ★ Cinnamon Pancakes or French Toast Trio V ★ Fruit - S ★ Fruit Juice ★ Got Milk	10-4 ★ Beef Chorizo & Cheese Wrap ★ Fruit- S ★ Fruit Juice ★ Got Milk	10-5 ★ Grape Crescent - V ★ Fruit- S ★ Fruit Juice ★ Got Milk
10-8 ★ Cinnamon Pancakes or Mini French Toast Bites V ★ Fruit- S ★ Fruit Juice ★ Got Milk	10-9 ★ Morning Beef Sausage Sandwich ★ Fruit - S ★ Fruit Juice ★ Got Milk	10-10 ★ Fiesta Bean & Cheese Burrito V ★ Fruit - S ★ Fruit Juice ★ Got Milk	10-11 ★ Egg & Cheese Sandwich V ★ Fruit- S ★ Fruit Juice ★ Got Milk	10-12 ★ Café LA Coffee Cake - V ★ Fruit- S ★ Fruit Juice ★ Got Milk
10-15 ★ Crunchy Cereal V ★ Fruit- S ★ Fruit Juice ★ Got Milk	10-16 ★ Egg & Cheese Wrap V ★ Fruit- S ★ Fruit Juice ★ Got Milk	10-17 ★ Cinnamon Pancakes or French Toast Trio V ★ Fruit - S ★ Fruit Juice ★ Got Milk	10-18 ★ Beef Chorizo & Cheese Wrap ★ Fruit- S ★ Fruit Juice ★ Got Milk	10-19 ★ Fiesta Bean & Cheese Burrito - V ★ Fruit- S ★ Fruit Juice ★ Got Milk
10-22 ★ Cinnamon Pancakes or Mini French Toast Bites V ★ Fruit- S ★ Fruit Juice ★ Got Milk	10-23 ★ Morning Beef Sausage Sandwich ★ Fruit- S ★ Fruit Juice ★ Got Milk	10-24 ★ Fiesta Bean & Cheese Burrito V ★ Fruit - S ★ Fruit Juice ★ Got Milk	10-25 ★ Egg & Cheese Sandwich V ★ Fruit- S ★ Fruit Juice ★ Got Milk	10-26 ★ Manager's Choice ★ Fruit- S ★ Fruit Juice ★ Got Milk
10-29 ★ Crunchy Cereal V ★ Fruit- S ★ Fruit Juice ★ Got Milk	10-30 ★ Egg & Cheese Wrap V ★ Fruit- S ★ Fruit Juice ★ Got Milk	10-31 ★ Cinnamon Pancakes or French Toast Trio V ★ Fruit - S ★ Fruit Juice ★ 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

★: For a reimbursable meal, pick at least 3 ★'s. **One** ★ must be a fruit

S: Items with an (S) can be saved for later **V**: Vegetarian items