

# OCTOBER 2019 - Menus



**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY**

## EEC Breakfast (NNC Sites)

*MENUS ARE SUBJECT TO CHANGE*

	10-1 Morning Beef Sausage Sandwich Fruit Got Milk	10-2 French Toast Trio - <b>V</b> Fruit Got Milk	10-3 Fiesta Bean & Cheese Burrito - <b>V</b> Fruit Got Milk	10-4 Breakfast Sausage Square Fruit Got Milk
10-7 Crunchy Cereal - <b>V</b> Fruit Got Milk	10-8 Fiesta Bean & Cheese Burrito - <b>V</b> Fruit Got Milk	10-9 Chicken Pancake Sandwich Fruit Got Milk	10-10 French Toast Trio - <b>V</b> Fruit Got Milk	10-11 Turkey Ham & Cheese on Hawaiian Roll Fruit Got Milk
10-14 Crunchy Cereal - <b>V</b> Fruit Got Milk	10-15 Morning Beef Sausage Sandwich Fruit Got Milk	10-16 French Toast Trio - <b>V</b> Fruit Got Milk	10-17 Fiesta Bean & Cheese Burrito - <b>V</b> Fruit Got Milk	10-18 Breakfast Sausage Square Fruit Got Milk
10-21 Crunchy Cereal - <b>V</b> Fruit Got Milk	10-22 Fiesta Bean & Cheese Burrito - <b>V</b> Fruit Got Milk	10-23 Chicken Pancake Sandwich Fruit Got Milk	10-24 French Toast Trio - <b>V</b> Fruit Got Milk	10-25 Turkey Ham & Cheese on Hawaiian Roll Fruit Got Milk
10-28 Crunchy Cereal - <b>V</b> Fruit Got Milk	10-29 Morning Beef Sausage Sandwich Fruit Got Milk	10-30 French Toast Trio - <b>V</b> Fruit Got Milk	10-31 Fiesta Bean & Cheese Burrito - <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

Posted 09/11/19

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