

# October 2019

September '19						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

November '19						
S	M	T	W	T	F	S
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December '19						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Cereal: Some contain wheat (gluten), corn, soy.</p> <p>Granola: Wheat, soy. *May also be processed in presence of tree nuts, milk.</p> <p>Yogurt/Milk: Dairy.</p> <p>Poptarts, Cereal Bars: Wheat, Soy.</p> <p>Pancake Wrap, Muffin: Wheat, Soy, Egg.</p> <p>Oatmeal Bar: Wheat, Soy, Milk, Egg.</p> <p>Blueberry/Banana/ Cocoa Bread: Soy, Wheat, Egg.</p> <p>Apple Pie Pocket- Wheat, Soy</p> <p>Donuts, Breakfast Round, Waffles, French Toast: Wheat, Soy, Egg, Milk.</p> <p>Apple Cin. Texas Toast, Cinn, Blueberry Swirl Breadstick, Cr. Cheese Bagel: Milk, Soy, Wheat</p> <p>Biscuits &amp; Gravy, Egg/Cheese Bagel, Ham/Sausage &amp; Cheese Bliscuit, Breakfast Slider, Breakfast Pizza &amp; Breakfast Breakstick: Wheat, Soy, Egg, Milk, Dairy, Pork</p> <p>Chewy Granola Bar, PBJ Graham: Nuts, Soy, Wheat</p> <p>Pancakes: Egg, Wheat</p> <p>Grape Crescent: Dairy, Wheat</p>	<p><b>BOO</b></p>	<p>1 <b>Mini Donuts</b> or Oat Bar Yogurt Fruit Juice Milk</p>	<p>2 <b>Cereal Bar</b> or Cereal Yogurt Fruit Juice Milk</p>	<p>3 <b>Pancake Wrap w/Syrup</b> or Nutrigrain Bar Yogurt w/Granola Fruit Juice Milk</p>	<p>4 <b>Poptart or Cereal</b> String Cheese/Yogurt Fruit Juice Milk</p>		
	<p>7 <b>French Toast sticks</b> w/Syrup or Cereal Yogurt w/Granola Fruit Juice Milk</p>	<p>8 <b>Breakfast Sandwich</b> or Poptart Fruit Yogurt w/Granola Juice Milk</p>	<p>9 <b>WG Muffin</b> or PBJ Graham Yogurt Fruit Juice Milk</p>	<p>10 <b>Sausage &amp; Cheese Biscuit</b> or Cereal Bar Yogurt Fruit Juice Milk</p>	<p>11 <b>Mini Pancakes w/Syrup</b> or Oat bar Fruit Yogurt w/Granola Juice Milk</p>		
	<p>14 <b>Scrambled Eggs v. Sausage Patty</b> Toasted WG bagel w/butter Yogurt Fruit Juice Milk</p>	<p>15 <b>Breakfast Pizza</b> or Cereal Bar Fruit String Cheese/Yogurt Juice Milk</p>	<p>16 <b>Oatmeal w/Br.Sugar</b> or Nutrigrain Bar Yogurt w/Granola Fruit Juice Milk</p>	<p>17 <b>Mini Waffles w/Syrup</b> Yogurt Fruit Juice Milk</p>	<p>18 <b>Poptart or</b> Grape Crescent Fruit Yogurt w/Granola Juice Milk</p>		
	<p>21 <b>WG Muffin or</b> Breakfast Breadstick Yogurt w/Granola Fruit Juice Milk</p>	<p>22 <b>Poptart or Cereal Bar</b> String Cheese/Yogurt Fruit Juice Milk</p>	<p>23 No School- Fall Break</p>	<p>24 No School- Fall Break</p>	<p>25 No School- Fall Break</p>	<p>26</p>	
	<p>28 <b>French Toast Bites</b> Or Nutrigrain Bar Yogurt w/Granola Fruit Juice Milk</p>	<p>29 <b>Cereal or Cereal Bar</b> Yogurt w/Granola Fruit Juice Milk</p>	<p>30 <b>Apple Pie Pocket or</b> Breakfast Breadstick Fruit String Cheese/Yogurt Juice Milk</p>	<p>31 <b>Mini Donuts</b> Fruit Yogurt Juice Milk</p>			
	<p><b>Breakfast Info.:</b> Breakfast is served in the SA cafeteria from 7:30 a.m.-7:55 a.m. for grades K-12.  <b>Breakfast Pricing:</b> Paid (\$1.30); Reduced (\$0.30); Free (\$0.00); Adult (\$1.60)                  Please note: Menu subject to change.                  Substitutions available with Physician documented allergies only.                  Contact Abbey Morgan at 260-589-1112 with menu questions/concerns.</p>						