



# BREAKFAST MENU

OCTOBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Breakfast Corn Dog Pop Tart & String Cheese	<b>4</b> Sausage Biscuit Strawberry Yogurt Parfait	<b>5</b> Sausage Breakfast Pizza Waffle Bar Muffin & Yogurt	<b>6</b> Scrambled Eggs & Toast Cereal Bar & Cheese Cubes	<b>7</b> French Toast Sticks Muffin & Yogurt
<b>10</b> <b>No School</b>	<b>11</b> Egg & Cheese Melt Strawberry Yogurt Parfait	<b>12</b> Sausage Breakfast Pizza Waffle Bar Muffin & Yogurt	<b>13</b> Egg & Sausage Bagel Sandwich Cereal Bar & Cheese Cubes	<b>14</b> Cinnamon Roll Muffin & Yogurt
<b>17</b> Apple Frudel Pop Tart & String Cheese	<b>18</b> Egg & Cheese Bagel Melt <b>Apple Cinnamon Yogurt Smoothie</b>	<b>19</b> Breakfast Corn Dog Waffle Bar Muffin & Yogurt	<b>20</b> Egg & Sausage Biscuit Sandwich Cereal Bar & Cheese Cubes	<b>21</b> <b>Donut Day</b> Pumpkin Spice Donut Muffin & Yogurt
<b>24</b> French Toast Sticks Pop Tart & String Cheese	<b>25</b> Scrambled Eggs & Toast Strawberry Yogurt Parfait	<b>26</b> Sausage Breakfast Pizza Waffle Bar Muffin & Yogurt	<b>27</b> Chicken Biscuit Cereal Bar & Cheese Cubes	<b>28</b> Cinnamon Roll Muffin & Yogurt
<b>31</b> <b>Happy Halloween</b> Glazed Donut Pop Tart & String Cheese				

STAY UP TO DATE

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[lisd.net/childnutrition](http://lisd.net/childnutrition)

**Offered Daily:** Assorted Cereal, Cheese, and Toast

Denotes vegetarian item

Denotes pork item

All meals offered with choice of fruit and milk (1% white and skim chocolate)

\*Menu subject to change



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