

# October

## CCSD Elementary Breakfast



**Breakfast Cost**

**\$1.25**

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

Hungry? Apply for meal benefits today, by going to [MySchoolApps.com](http://MySchoolApps.com)



Say NO to Bullying 

See something? Say something. <http://ccsd.net/students/bully>





Connect with us today!  
@CCSDFoodService





You may pay for meals online at no extra cost, by visiting [www.MySchoolBucks.com](http://www.MySchoolBucks.com). Menu Subject to Change.


 **V = Meatless Option**

Our milk varieties include 1% low fat & fat-free choices. 

Nutritious seasonal fresh & cupped fruit served daily. 



We offer a variety of vitamin and mineral rich vegetables. 


We use heart healthy whole grain breads and rice. 

\*All Menus are subject to change.\* 



Week of Respect


NEW ITEM



**CHOOSE ONE:** 2  
Crumb Cake   
or  
Cinnamon Roll   
**CHOOSE ONE OR MORE:**  
Fresh Fruit  
Fruit Juice

**CHOOSE ONE:** 3  
Breakfast Egg Bowl w/Elf Grahams or Sunrise Muffin   
**CHOOSE ONE OR MORE:**  
Fruit Cup  
Fruit Juice



**CHOOSE ONE:** 4  
Yogurt w/Goldfish Grahams   
or  
Assorted Cold Cereal   
**CHOOSE ONE OR MORE:**  
Fresh Fruit  
Fruit Juice



**CHOOSE ONE:** 5  
Cinnamon Roll   
or  
Egg & Cheese Sandwich   
**CHOOSE ONE OR MORE:**  
Fruit Cup  
Fruit Juice



**CHOOSE ONE:** 6  
Egg, Sausage & Cheese Burrito or Crumb Cake   
**CHOOSE ONE OR MORE:**  
Fresh Fruit  
Fruit Juice



**CHOOSE ONE:** 9  
Cinnamon Roll   
or  
Assorted Cold Cereal   
**CHOOSE ONE OR MORE:**  
Fresh Fruit  
Fruit Juice


**CHOOSE ONE:** 10  
Breakfast Egg Bowl w/Elf Grahams or Chicken Sausage & Waffle Sticks  
**CHOOSE ONE OR MORE:**  
Fruit Cup  
Fruit Juice



**CHOOSE ONE:** 11  
Yogurt w/Granola   
or  
French Toast Sticks   
**CHOOSE ONE OR MORE:**  
Fresh Fruit  
Fruit Juice



**CHOOSE ONE:** 12  
Egg & Cheese Sandwich   
or  
Assorted Cold Cereal   
**CHOOSE ONE OR MORE:**  
Fruit Cup  
Fruit Juice


**CHOOSE ONE:** 13  
Sunrise Muffin   
or  
Cinnamon Roll   
**CHOOSE ONE OR MORE:**  
Fresh Fruit  
Fruit Juice


**CHOOSE ONE:** 16  
Yogurt w/Goldfish Grahams   
or  
French Toast Sticks   
**CHOOSE ONE OR MORE:**  
Fresh Fruit  
Fruit Juice


**CHOOSE ONE:** 17  
Bagel Sausage Breakfast Sandwich or Crumb Cake   
**CHOOSE ONE OR MORE:**  
Fruit Cup  
Fruit Juice



**CHOOSE ONE:** 18  
Cinnamon Roll   
or  
Crumb Cake   
**CHOOSE ONE OR MORE:**  
Fresh Fruit  
Fruit Juice



**CHOOSE ONE:** 19  
Crumb Cake   
or  
Cold Cereal   
**CHOOSE ONE OR MORE:**  
Fruit Cup  
Fruit Juice

**CHOOSE ONE:** 20  
Breakfast Egg Bowl w/Elf Grahams or Cinnamon Roll   
**CHOOSE ONE OR MORE:**  
Fresh Fruit  
Fruit Juice


**CHOOSE ONE:** 23  
Chicken Sausage & Waffle Sticks or Assorted Cold Cereal   
**CHOOSE ONE OR MORE:**  
Fruit Cup  
Fruit Juice


**CHOOSE ONE:** 24  
Breakfast Egg Bowl w/Elf Grahams or Mini Pancakes   
**CHOOSE ONE OR MORE:**  
Fresh Fruit  
Fruit Juice

**CHOOSE ONE:** 25  
Egg & Cheese Sandwich   
or  
Crumb Cake   
**CHOOSE ONE OR MORE:**  
Fruit Cup  
Fruit Juice

**CHOOSE ONE:** 26  
Yogurt w/Granola   
or  
Cinnamon Roll   
**CHOOSE ONE OR MORE:**  
Fresh Fruit  
Fruit Juice

  
**No School**

**CHOOSE ONE:** 30  
Egg, Sausage & Cheese Burrito or Cinnamon Roll   
**CHOOSE ONE OR MORE:**  
Fresh Fruit  
Fruit Juice

**CHOOSE ONE:** 31  
Bagel Sausage Breakfast Sandwich or Crumb Cake   
**CHOOSE ONE OR MORE:**  
Fruit Cup  
Fruit Juice



**Week of Respect - "Get Your Blue On"**



10/2: Kick Off!  
10/3: Respect Yourself Day  
10/4: Respect Each Other Day  
10/5: Respect Your School Day  
10/6: "Get Your Blue On!"