

October

4 Day Secondary Hot Breakfast

MONDAY

Week of Respect

Breakfast Crumb Cake **V** **2**
or Sausage & Cheese Sandwich
or Cinnamon Roll **V**
Fruit Cup
Fruit Juice
Milk

Egg, Sausage & Cheese **9**
Burrito
or Sausage & Cheese Sandwich
or Cinnamon Roll **V**
Fruit Cup
Fruit Juice
Milk

Mini Pancakes **V** **16**
or Sausage & Cheese Sandwich
or Cinnamon Roll **V**
Fresh Fruit
Fruit Juice
Milk

Egg, Sausage & Cheese **23**
Burrito
or Sausage & Cheese Sandwich
or Cinnamon Roll **V**
Fresh Fruit
Fruit Juice
Milk

Mini Pancakes **V** **30**
or Sausage & Cheese Sandwich
or Cinnamon Roll **V**
Fruit Cup
Fruit Juice
Milk

TUESDAY

Egg, Sausage & Cheese **3**
Burrito
or Sausage & Cheese Sandwich
or Cinnamon Roll **V**
Fresh Fruit
Fruit Juice
Milk

French Toast Sticks **V** **10**
or Sausage & Cheese Sandwich
or Cinnamon Roll **V**
Fresh Fruit
Fruit Juice
Milk

Breakfast Crumb Cake **V** **17**
or Sausage & Cheese Sandwich
or Cinnamon Roll **V**
Fruit Cup
Fruit Juice
Milk

Yogurt w/Granola **V** **24**
or Sausage & Cheese Sandwich
or Cinnamon Roll **V**
Fruit Cup
Fruit Juice
Milk

Breakfast Crumb Cake **V** **31**
or Sausage & Cheese Sandwich
or Cinnamon Roll **V**
Fruit Cup
Fruit Juice
Milk

WEDNESDAY

Yogurt w/Granola **V** **4**
or Sausage & Cheese Sandwich
or Cinnamon Roll **V**
Fruit Cup
Fruit Juice
Milk

Sunrise Muffin **V** **11**
or Sausage & Cheese Sandwich
or Cinnamon Roll **V**
Fruit Cup
Fruit Juice
Milk

Sausage & Cheese Sandwich **18**
or Mini Stuffed Bagels **V**
or Cinnamon Roll **V**
Fresh Fruit
Fruit Juice
Milk

Sausage & Cheese Sandwich **25**
or Breakfast Crumb Cake **V**
or Cinnamon Roll **V**
Fresh Fruit
Fruit Juice
Milk



THURSDAY

Mini Pancakes **V** **5**
or Sausage & Cheese Sandwich
or Cinnamon Roll **V**
Fresh Fruit
Fruit Juice
Milk

Mini Pancakes **V** **12**
or Sausage & Cheese Sandwich
or Cinnamon Roll **V**
Fresh Fruit
Fruit Juice
Milk

Yogurt w/Granola **V** **19**
or Sausage & Cheese Sandwich
or Cinnamon Roll **V**
Fruit Cup
Fruit Juice
Milk

French Toast w/Chicken **26**
Sausage & Syrup
or Mini Stuffed Bagels **V**
or Cinnamon Roll **V**
Fruit Cup
Fruit Juice
Milk

FRIDAY



Hungry? Apply for meal benefits today, by going to MySchoolApps.com



Say NO to Bullying

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



Connect with us today!
@CCSPFoodService



You may pay for meals online at no extra cost, by visiting 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 - "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!"