

# October

## CCSD Secondary Cold Breakfast



**Breakfast Cost**

**\$1.50**

### 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

Cold Cereal, Assorted Variety V **2**  
Fruit Cup  
Fruit Juice  
Milk

Mini Stuffed Bagels V **3**  
Fresh Fruit  
Fruit Juice  
Milk

Yogurt w/Granola V **4**  
Fruit Cup  
Fruit Juice  
Milk

Crumb Cake V **5**  
Fresh Fruit  
Fruit Juice  
Milk

Cinnamon Roll V **6**  
Fruit Cup  
Fruit Juice  
Milk

Cold Cereal, Assorted Variety V **9**  
Fresh Fruit  
Fruit Juice  
Milk

Mini Stuffed Bagels V **10**  
Fresh Fruit  
Fruit Juice  
Milk

Cinnamon Roll V **11**  
Fruit Cup  
Fruit Juice  
Milk

Yogurt w/Granola V **12**  
Fruit Cup  
Fruit Juice  
Milk

Hard Boiled Egg V **13**  
Whole Grain Roll  
String Cheese  
Fresh Fruit  
Fruit Juice  
Milk

Crumb Cake V **16**  
Fresh Fruit  
Fruit Juice  
Milk

Cornbread Muffin w/Colby Jack Cheese & Apple Slices V **17**  
Fruit Juice  
Milk

Yogurt w/Granola V **18**  
Fresh Fruit  
Fruit Juice  
Milk

Hard Boiled Egg w/Fruit V **19**  
Whole Grain Roll  
String Cheese  
Fruit Juice  
Milk

Cold Cereal, Assorted Variety V **20**  
Fresh Fruit  
Fruit Juice  
Milk

Cinnamon Roll V **23**  
Fruit Cup  
Fruit Juice  
Milk

Cold Cereal, Assorted Variety V **24**  
Fresh Fruit  
Fruit Juice  
Milk

Yogurt w/Granola V **25**  
Fruit Cup  
Fruit Juice  
Milk

Mini Stuffed Bagels V **26**  
Fresh Fruit  
Fruit Juice  
Milk



**No School**

Cold Cereal, Assorted Variety V **30**  
Fruit Cup  
Fruit Juice  
Milk

Crumb Cake V **31**  
Fresh Fruit  
Fruit Juice  
Milk



**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!"