

# October

## CCSD Secondary Hot 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




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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

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

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

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

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

Sausage & Cheese Sandwich or Breakfast Crumb Cake **V** or Cinnamon Roll **V** Fruit Cup Fruit Juice Milk **6**

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

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

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

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

Yogurt w/Granola **V** or Sausage & Cheese Sandwich or Cinnamon Roll **V** Fruit Cup Fruit Juice Milk **13**

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

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

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

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

French Toast Sticks **V** or Sausage & Cheese Sandwich or Cinnamon Roll **V** Fresh Fruit Fruit Juice Milk **20**

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

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

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

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

**27**



**No School**

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

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



**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!"