



# PCS Elementary Breakfast

October 2017

<p><b>2</b></p> <p><b>TrpBerryFrenchToast</b> Assorted Cereals, Poptarts, Yogurt Whole Grain Toast</p> <p><i>side items</i></p> <p>Banana, Diced Pears Orange Juice</p>	<p><b>3</b></p> <p><b>Glazed Cinnamon Roll</b> Assorted Cereals, Poptarts, Yogurt Whole Grain Toast</p> <p><i>side items</i></p> <p>Whole Orange, Mixed Fruit Apple Juice</p>	<p><b>4</b></p> <p><b>Egg &amp; Cheese English Muffin</b> Assorted Cereals, Poptarts, Yogurt Whole Grain Toast</p> <p><i>side items</i></p> <p>Whole Apple, Raisins Orange Juice</p>	<p><b>5</b></p> <p><b>Pancakes, Syrup</b> Assorted Cereals, Poptarts, Yogurt Whole Grain Toast</p> <p><i>side items</i></p> <p>Whole Orange, Cinn Applesauce Cup Fruit Juice</p>	<p><b>6</b></p> <p><b>Blueberry Muffin</b> Assorted Cereals, Poptarts, Yogurt Whole Grain Toast</p> <p><i>side items</i></p> <p>Sliced Apples, Diced Peaches Grape Juice</p>
<p><b>9</b></p> <p><b>Apple Frudel</b> Assorted Cereals, Poptarts, Yogurt Whole Grain Toast</p> <p><i>side items</i></p> <p>Banana, Diced Pears Orange Juice</p>	<p><b>10</b></p> <p><b>Turkey Pancake Wrap</b> Assorted Cereals, Poptarts, Yogurt Whole Grain Toast</p> <p><i>side items</i></p> <p>Whole Orange, Mixed Fruit Apple Juice</p>	<p><b>11</b></p> <p><b>Breakfast Pizza</b> Assorted Cereals, Poptarts, Yogurt Whole Grain Toast</p> <p><i>side items</i></p> <p>Whole Apple, Raisins Orange Juice</p>	<p><b>12</b></p> <p><b>Egg &amp; Cheese English Muffin</b> Assorted Cereals, Poptarts, Yogurt Whole Grain Toast</p> <p><i>side items</i></p> <p>Whole Orange, Strawberry Applesauce Cup Fruit Juice</p>	<p><b>13</b></p> <p><b>Triple Berry French Toast Minis</b> Assorted Cereals, Poptarts, Yogurt Whole Grain Toast</p> <p><i>side items</i></p> <p>Sliced Apples, Diced Peaches Grape Juice</p>
<p><b>16</b></p> <p><b>Pancakes, Syrup</b> Assorted Cereals, Poptarts, Yogurt Whole Grain Toast</p> <p><i>side items</i></p> <p>Banana, Diced Pears Orange Juice</p>	<p><b>17</b></p> <p><b>Chicken, Egg &amp; Cheese Wrap</b> Assorted Cereals, Poptarts, Yogurt Whole Grain Toast</p> <p><i>side items</i></p> <p>Whole Orange, Mixed Fruit Apple Juice</p>	<p><b>18</b></p> <p><b>Cheesy Scrambled Eggs, Hashbrown</b> Assorted Cereals, Poptarts, Yogurt Whole Grain Toast</p> <p><i>side items</i></p> <p>Whole Apple, Raisins Orange Juice</p>	<p><b>19</b></p> <p><b>Sausage &amp; Cheese English Muffin</b> Assorted Cereals, Poptarts, Yogurt Whole Grain Toast</p> <p><i>side items</i></p> <p>Whole Orange, Peach Applesauce Cup Fruit Juice</p>	<p><b>20</b></p> <p><b>Half Hot Ham &amp; Cheese</b> Assorted Cereals, Poptarts, Yogurt Whole Grain Toast</p> <p><i>side items</i></p> <p>Sliced Apples, Diced Peaches Grape Juice</p>
<p><b>23</b></p> <p><b>Vanilla Glazed Donut</b> Assorted Cereals, Poptarts, Yogurt Whole Grain Toast</p> <p><i>side items</i></p> <p>Banana, Diced Pears Orange Juice</p>	<p><b>24</b></p> <p><b>Cheesy Scramled Eggs &amp; Bacon</b> Assorted Cereals, Poptarts, Yogurt Whole Grain Toast</p> <p><i>side items</i></p> <p>Whole Orange, Mixed Fruit Apple Juice</p>	<p><b>25</b></p> <p><b>Triple Berry French Toast Minis</b> Assorted Cereals, Poptarts, Yogurt Whole Grain Toast</p> <p><i>side items</i></p> <p>Whole Apple, Raisins Orange Juice</p>	<p><b>26</b></p> <p><b>Breakfast Pizza</b> Assorted Cereals, Poptarts, Yogurt Whole Grain Toast</p> <p><i>side items</i></p> <p>Whole Orange, MangoPeach Applesauce Cup Fruit Juice</p>	<p><b>27</b></p> <p><b>Country Biscuit &amp; Gravy</b> Assorted Cereals, Poptarts, Yogurt Whole Grain Toast</p> <p><i>side items</i></p> <p>Sliced Apples, Diced Peaches Grape Juice</p>
<p><b>30</b></p> <p><b>Triple Berry French Toast Minis</b> Assorted Cereals, Poptarts, Yogurt Whole Grain Toast</p> <p><i>side items</i></p> <p>Banana, Diced Pears Orange Juice</p>	<p><b>31</b></p> <p><b>Turkey Pancake Wrap</b> Assorted Cereals, Poptarts, Yogurt Whole Grain Toast</p> <p><i>side items</i></p> <p>Whole Orange, Mixed Fruit Apple Juice</p>	<p><b>1</b></p> <p><b>Egg &amp; Cheese Omelet, Hashbrown</b> Assorted Cereals, Poptarts, Yogurt Whole Grain Toast</p> <p><i>side items</i></p> <p>Whole Apple, Raisins Orange Juice</p>	<p><b>2</b></p> <p><b>Chicken Biscuit</b> Assorted Cereals, Poptarts, Yogurt Whole Grain Toast</p> <p><i>side items</i></p> <p>Whole Orange, Applesauce Cup Fruit Juice</p>	<p><b>3</b></p> <p><b>Breakfast Pizza</b> Assorted Cereals, Poptarts, Yogurt Whole Grain Toast</p> <p><i>side items</i></p> <p>Sliced Apples, Diced Peaches Grape Juice</p>

**Breakfast: 1 Fruit + a minimum of 2 other components**



**Offered Daily**

Assorted Whole Grain Cereals, Pop-tarts, Breads, Assorted Milk Options, Alternating Whole Fruits, Cut Fruits, and Fruit Juices

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