



PECHS Breakfast

October 2017

2
TrpBerryFrenchToast
 Sausage, Egg & Cheese Bagel
 Cereals, Poptarts, Yogurt, Toast

side items
Banana, Diced Pears
 Orange Juice

3
Glazed Cinnamon Roll
 Bacon, Egg & Cheese Flatbread
 Cereals, Poptarts, Yogurt, Toast

side items
Whole Orange, Mixed Fruit
 Apple Juice

4
Cheesy Ham,Egg,Potato Taco
 Egg & Cheese English Muffin
 **Specialty Donuts
 Cereals, Poptarts, Yogurt, Toast

side items
Whole Apple, Raisins
 Orange Juice

5
Pancakes, Syrup
 Sausage, Egg & Cheese SDW
 Cereals, Poptarts, Yogurt, Toast

side items
 Whole Orange, Cinn Applesauce Cup
 Fruit Juice

6
Blueberry Muffin
 Sausage & Cheese English Muffin
 Cereals, Poptarts, Yogurt, Toast



side items
Sliced Apples, Diced Peaches
 Grape Juice

9
Apple Frudel
 Chicken Biscuit
 Cereals, Poptarts, Yogurt, Toast

side items
Banana, Diced Pears
 Orange Juice

10
Turkey Pancake Wrap
 Egg & Cheese English Muffin
 Cereals, Poptarts, Yogurt, Toast



side items
Whole Orange, Mixed Fruit
 Apple Juice

11
Breakfast Pizza
 Egg & Cheese Bagel
 **Specialty Donuts
 Cereals, Poptarts, Yogurt, Toast

side items
Whole Apple, Raisins
 Orange Juice

12
Cheesy Ham & Egg Pancake Panini
 Egg & Cheese English Muffin
 Cereals, Poptarts, Yogurt, Toast

side items
 Whole Orange, Strawberry Applesauce Cup
 Fruit Juice

13
Triple Berry French Toast Minis
 Egg, Ham & Cheese Flatbread
 Cereals, Poptarts, Yogurt, Toast

side items
Sliced Apples, Diced Peaches
 Grape Juice

16
Pancakes, Syrup
 Ham & Cheese Breakfast Roll
 Cereals, Poptarts, Yogurt, Toast

side items
Banana, Diced Pears
 Orange Juice

17
Chicken, Egg & Cheese Wrap
 Sausage & Cheese English Muffin
 Cereals, Poptarts, Yogurt, Toast

side items
Whole Orange, Mixed Fruit
 Apple Juice

18
Cheesy Scrambled Eggs, Hashbrown
 Sausage & Cheese Biscuit
 **Specialty Donuts
 Cereals, Poptarts, Yogurt, Toast

side items
Whole Apple, Raisins
 Orange Juice

19
Chicken Biscuit
 Egg & Cheese English Muffin
 Cereals, Poptarts, Yogurt, Toast



side items
 Whole Orange, Peach Applesauce Cup
 Fruit Juice

20
Ham & Potato Bite Strata
 Half Hot Ham & Cheese
 Cereals, Poptarts, Yogurt, Toast

side items
Sliced Apples, Diced Peaches
 Grape Juice

23
Chicken Biscuit
 Sausage & Cheese English Muffin
 Cereals, Poptarts, Yogurt, Toast

side items
Banana, Diced Pears
 Orange Juice

24
Cheesy Scramled Eggs & Bacon
 Sausage, Egg & Cheese SDW
 Cereals, Poptarts, Yogurt, Toast

side items
Whole Orange, Mixed Fruit
 Apple Juice

25
Triple Berry French Toast Minis
 Egg & Cheese Bagel
 **Specialty Donuts
 Cereals, Poptarts, Yogurt, Toast

side items
Whole Apple, Raisins
 Orange Juice

26
Breakfast Pizza
 Sausage, Egg & Cheese Burrito
 Cereals, Poptarts, Yogurt, Toast

side items
 Whole Orange,MangoPeach Applesauce Cup
 Fruit Juice

27
Country Biscuit & Gravy
 Ham & Cheese Bagel
 Cereals, Poptarts, Yogurt, Toast

side items
Sliced Apples, Diced Peaches
 Grape Juice

30
Triple Berry French Toast Minis
 Sausage & Cheese English Muffin
 Cereals, Poptarts, Yogurt, Toast



side items
Banana, Diced Pears
 Orange Juice

31

Turkey Pancake Wrap
 Chicken & Cheese English Muffin
 Cereals, Poptarts, Yogurt, Toast

side items
Whole Orange, Mixed Fruit
 Apple Juice

1
Egg & Cheese Omelet, Hashbrown
 Egg, Ham & Cheese Flatbread
 **Specialty Donuts
 Cereals, Poptarts, Yogurt, Toast

side items
Whole Apple, Raisins
 Orange Juice

2
Sausage & Cheese Quesadilla
 Chicken Biscuit
 Cereals, Poptarts, Yogurt, Toast

side items
 Whole Orange, Applesauce Cup
 Fruit Juice

3
Breakfast Pizza
 Egg & Ham Biscuit
 Cereals, Poptarts, Yogurt, Toast

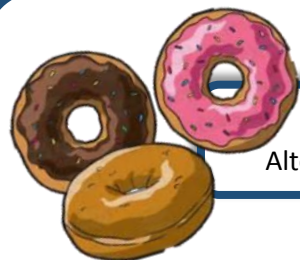
side items
Sliced Apples, Diced Peaches
 Grape Juice

Breakfast: 1 Fruit + a minimum of 2 other components

***** Specialty Donuts:**

Alternating: Vanilla Glazed, Honey Sriracha Glazed, Choc Cocoa Puff

Visit us online at <http://pender.schoolish.com/>



All menu items are subject to change.