



Penderlea Breakfast

October 2017



2	3	4	5	6
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9
Apple Frudel
Assorted Cereals, Poptarts, Yogurt
Whole Grain Toast

side items
Banana, Diced Pears
Orange Juice

10
Turkey Pancake Wrap
Assorted Cereals, Poptarts, Yogurt
Whole Grain Toast

side items
Whole Orange, Mixed Fruit
Apple Juice

11
Breakfast Pizza
Assorted Cereals, Poptarts, Yogurt
Whole Grain Toast

side items
Whole Apple, Raisins
Orange Juice

12
Egg & Cheese English Muffin
Assorted Cereals, Poptarts, Yogurt
Whole Grain Toast

side items
Whole Orange, Strawberry
Applesauce Cup
Fruit Juice

13
Triple Berry French Toast Minis
Assorted Cereals, Poptarts, Yogurt
Whole Grain Toast

side items
Sliced Apples, Diced Peaches
Grape Juice

16
Pancakes, Syrup
Assorted Cereals, Poptarts, Yogurt
Whole Grain Toast

side items
Banana, Diced Pears
Orange Juice

17
Chicken, Egg & Cheese Wrap
Assorted Cereals, Poptarts, Yogurt
Whole Grain Toast

side items
Whole Orange, Mixed Fruit
Apple Juice

18
Cheesy Scrambled Eggs, Hashbrown
Assorted Cereals, Poptarts, Yogurt
Whole Grain Toast

side items
Whole Apple, Raisins
Orange Juice

19
Sausage & Cheese English Muffin
Assorted Cereals, Poptarts, Yogurt
Whole Grain Toast

side items
Whole Orange, Peach Applesauce
Cup
Fruit Juice

20
Half Hot Ham & Cheese
Assorted Cereals, Poptarts, Yogurt
Whole Grain Toast

side items
Sliced Apples, Diced Peaches
Grape Juice

23
Vanilla Glazed Donut
Assorted Cereals, Poptarts, Yogurt
Whole Grain Toast

side items
Banana, Diced Pears
Orange Juice

24
Cheesy Scrambled Eggs & Bacon
Assorted Cereals, Poptarts, Yogurt
Whole Grain Toast

side items
Whole Orange, Mixed Fruit
Apple Juice

25
Triple Berry French Toast Minis
Assorted Cereals, Poptarts, Yogurt
Whole Grain Toast

side items
Whole Apple, Raisins
Orange Juice

26
Breakfast Pizza
Assorted Cereals, Poptarts, Yogurt
Whole Grain Toast

side items
Whole Orange, MangoPeach
Applesauce Cup
Fruit Juice

27
Country Biscuit & Gravy
Assorted Cereals, Poptarts, Yogurt
Whole Grain Toast

side items
Sliced Apples, Diced Peaches
Grape Juice

30
Triple Berry French Toast Minis
Assorted Cereals, Poptarts, Yogurt
Whole Grain Toast

side items
Banana, Diced Pears
Orange Juice

31
Turkey Pancake Wrap
Assorted Cereals, Poptarts, Yogurt
Whole Grain Toast

HALLOWEEN

side items
Whole Orange, Mixed Fruit
Apple Juice

1
Egg & Cheese Omelet, Hashbrown
Assorted Cereals, Poptarts, Yogurt
Whole Grain Toast

side items
Whole Apple, Raisins
Orange Juice

2
Chicken Biscuit
Assorted Cereals, Poptarts, Yogurt
Whole Grain Toast

side items
Whole Orange, Applesauce Cup
Fruit Juice

3
Breakfast Pizza
Assorted Cereals, Poptarts, Yogurt
Whole Grain Toast

side items
Sliced Apples, Diced Peaches
Grape Juice

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



Visit us online at pender.schooldish.com