



Head Start Breakfast

October 2017

<p>2 Triple Berry French Toast Minis</p> <p><i>side items</i> Banana, Diced Pears</p>	<p>3 Glazed Cinnamon Roll</p> <p><i>side items</i> Whole Orange, Mixed Fruit</p>	<p>4 Egg & Cheese English Muffin</p> <p><i>side items</i> Whole Apple, Raisins</p>	<p>5 Pancakes, Syrup</p> <p><i>side items</i> Whole Orange, Cinn Applesauce Cup</p>	<p>6 Blueberry Muffin</p>  <p><i>side items</i> Sliced Apples, Diced Peaches</p>
<p>9 Apple Frudel</p>  <p><i>side items</i> Banana, Diced Pears</p>	<p>10 Turkey Pancake Wrap</p> <p><i>side items</i> Whole Orange, Mixed Fruit</p>	<p>11 Breakfast Pizza</p> <p><i>side items</i> Whole Apple, Raisins</p>	<p>12 Egg & Cheese English Muffin</p> <p><i>side items</i> Whole Orange, Strawberry Applesauce Cup</p>	<p>13 Triple Berry French Toast Minis</p> <p><i>side items</i> Sliced Apples, Diced Peaches</p>
<p>16 Pancakes, Syrup</p> <p><i>side items</i> Banana, Diced Pears</p>	<p>17 Chicken, Egg & Cheese Wrap</p> <p><i>side items</i> Whole Orange, Mixed Fruit</p>	<p>18 </p>	<p>19 Cinnamon Toast Crunch Whole Grain Toast</p> <p><i>side items</i> Whole Orange, Peach Applesauce Cup</p>	<p>20 Half Hot Ham & Cheese</p> <p><i>side items</i> Sliced Apples, Diced Peaches</p>
<p>23 Frosted Flakes Cereal Whole Grain Toast</p>  <p><i>side items</i> Banana, Diced Pears</p>	<p>24 Cheesy Scrambled Eggs & Bacon Whole Grain Toast</p> <p><i>side items</i> Whole Orange, Mixed Fruit</p>	<p>25 Triple Berry French Toast Minis</p> <p><i>side items</i> Whole Apple, Raisins</p>	<p>26 Breakfast Pizza</p> <p><i>side items</i> Whole Orange, MangoPeach Applesauce Cup</p>	<p>27 Cocoa Puffs Cereal Whole Grain Toast</p> <p><i>side items</i> Sliced Apples, Diced Peaches</p>
<p>30 Triple Berry French Toast Minis</p> <p><i>side items</i> Banana, Diced Pears</p>	<p>31 Turkey Pancake Wrap</p>  <p><i>side items</i> Whole Orange, Mixed Fruit</p>	<p>1 Egg & Cheese Omelet</p> <p><i>side items</i> Whole Apple, Raisins</p>	<p>2 Trix Cereal Whole Grain Toast</p> <p><i>side items</i> Whole Orange, Applesauce Cup</p>	<p>3 Breakfast Pizza</p> <p><i>side items</i> Sliced Apples, Diced Peaches</p>

Breakfast: 1 Fruit + a minimum of 2 other components

Please be sure to complete the current **Free & Reduced Meals Application**.

Payments are taken in the cafeteria (cash/check) or <https://www.k12paymentcenter.com/>



All menu items are subject to change.