



PCS Middle School Breakfast

October 2017

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

Breakfast: 1 Fruit + a minimum of 2 other components



***** Specialty Donuts:**

Monday: Vanilla Glazed, Maple Glazed Bacon, Pumpkin Spiced Cinnamon Toast Crunch
 Wednesday: Vanilla Glazed, Honey Sriracha Glazed, Choc Cocoa Puff Glazed
 Friday: Vanilla Glazed, Maple Bacon Glazed, Chocolate Glazed

Visit us online at
pender.schooldish.com