



Elementary Breakfast Menu

October 2018

1
Professional Development Day

2
**Cinnamon Roll
Goldfish Pretzels
w/ Strawberry Banana
Yogurt**

Orange Wedges
Mixed Fruit
100% Fruit Juice

3
**Apple Bosco Stick
Animal Crackers w/
String Cheese**

Fresh Banana
Applesauce
100% Orange Juice

4
**Mini Strawberry Pan-
cakes
Goldfish Pretzels w/
Strawberry Banana
Yogurt**

Fresh Orange
Strawberry Craisins

5
**Chocolate Muffin
Jurassic Park
Grahams
Grahams w/ String
Cheese**

Fresh Apple
Diced Peaches

8
**Cherry Frudel
Jurassic Park
Grahams w/ String
Cheese**

Fresh Apple
Diced Pears
100% Grape Juice

9
**Strawberry Cream
Cheese Bagel
Goldfish Pretzels w/
Strawberry Banana Yo-
gurt**

Orange Wedges
Mixed Fruit
100% Fruit Juice

10
**Blueberry Muffin
Animal Crackers w/
String Cheese**

Fresh Banana
Applesauce
100% Orange Juice

11
**WG French Toast Sticks
Goldfish Pretzels w/
Strawberry Banana
Yogurt**

Fresh Orange
Strawberry Craisins
100% Fruit Juice

12
**Chocolate Filled Crescent
Jurassic Park
Grahams w/ String
Cheese**

Fresh Apple
Diced Peaches
100% Apple Juice

15
**Blueberry Waffles
Jurassic Park
Grahams w/ String
Cheese**

Fresh Apple
Diced Pears
100% Grape Juice

16
**Pancake on a Stick
Goldfish Pretzels w/
Strawberry Banana
Yogurt**

Orange Wedges
Mixed Fruit
100% Fruit Juice

17
**Apple Bosco Stick
Animal Crackers w/
String Cheese**

Fresh Banana
Applesauce
100% Orange Juice

18
**Banana Muffin
Goldfish Pretzels w/
Strawberry Banana
Yogurt**

Fresh Orange
Strawberry Craisins
100% Fruit Juice

19
**Chocolate Oat Benefit
Bar
Jurassic Park
Grahams w/ String
Cheese**

Fresh Apple
Diced Peaches

22
**WG Pancakes
Jurassic Park
Grahams w/ String
Cheese**

Fresh Apple
Diced Pears
100% Grape Juice

23
**WG Glazed Donut
Goldfish Pretzels w/
Strawberry Banana
Yogurt**

Orange Wedges
Mixed Fruit
100% Fruit Juice

24
**Sausage Egg & Cheese
English Muffin
Animal Crackers w/
String Cheese**

Fresh Banana
Applesauce
100% Orange Juice

25
**Breakfast Pizza
Goldfish Pretzels w/
Strawberry Banana
Yogurt**

Fresh Orange
Strawberry Craisins
100% Fruit Juice

26
**Nevada Day No
School**

29
**WG Pancakes
Jurassic Park
Grahams w/ String
Cheese**

Fresh Apple
Diced Pears
100% Grape Juice

30
**Blueberry Muffin
Goldfish Pretzels w/
Strawberry Banana Yo-
gurt**

Orange Wedges
Mixed Fruit
100% Fruit Juice

31
**Omelet w/ Tater Tots
& Toast
Animal Crackers w/
String Cheese**

Fresh Banana
Applesauce
100% Orange Juice

More info...

Breakfast is a main entrée OR pick two from the grains and proteins offered each day for your meal

Assorted Whole Grain Cereals offered daily with WG Animal Crackers

More info...

Breakfast - \$ 1.50 Lunch - \$2.85
NO Charge for students at Empire

Grab a milk

1% low fat & unflavored/
flavored fat-free choices

Menu is subject to change