

# Central Breakfast



# October 2011

Monday

Tuesday

Wednesday

Thursday

Friday

3  
Fruit and Yogurt Parfait  
-or-  
General Mills Mini Pancakes

4  
Sausage Biscuit  
-or-  
Cereal w/ Toast

5  
Breakfast Pizza  
-or-  
Kellogg's Crunchmania

6  
Chicken Biscuit  
-or-  
Cereal w/ Kellogg's Gripz

7  
Scrambled Eggs, Hash Browns & Toast  
-or-  
Rice Krispy Cereal Bars w/ Yogurt

10  
Pancakes and Sausage  
-or-  
Cereal w/ Berry Muffin

11  
UBRs with Oatmeal  
-or-  
Toasted Ham & Cheese

12  
Breakfast Pizza  
-or-  
Kellogg's Crunchmania

13  
Biscuits and Gravy with Sausage  
-or-  
Cereal w/ WG Pop Tarts

14  
Breakfast Burrito with Salsa  
-or-  
Cereal w/ WG Honey Bun

17  
Fruit and Yogurt Parfait  
-or-  
French Toast with Syrup

18  
Sausage Biscuit  
-or-  
Cereal w/ Toast

19  
Breakfast Pizza  
-or-  
Kellogg's Crunchmania

20  
Chicken Biscuit  
-or-  
Cereal w/ Kellogg's Gripz

21  
Scrambled Eggs, Hash Browns & Toast  
-or-  
Rice Krispy Cereal Bars w/ Yogurt

24  
Pancakes and Sausage  
-or-  
Cereal w/ Berry Muffin

25  
UBRs with Oatmeal  
-or-  
Toasted Ham & Cheese

26  
Breakfast Pizza  
-or-  
Kellogg's Crunchmania

27  
Biscuits and Gravy with Sausage  
-or-  
Cereal w/ WG Pop Tarts

28  
Pillsbury Mini Cinnis!  
-or-  
Cereal w/ Bagel & Cream Cheese

31  
Fruit and Yogurt Parfait  
-or-  
General Mills Mini Pancakes



National School Lunch Week is October 10 -14! Let's Grow Healthy!

A La Carte

School News

Fruit or Juice plus a variety of low fat milk served daily with breakfast

