

October 2017

Cross County School District

BREAKFAST



Meal Prices: Reduced student: .30 cents. Paid student: \$1.00 . Adults \$2.10.

USDA is an equal opportunity employer.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Breakfast Bar
Fresh Fruit
Fruit Juice Choice
Milk Choice

2

Tuesday

Pancake on a Stick
Fresh Fruit
Fruit Juice Choice
Milk Choice

3

Wednesday

Breakfast Pizza
Fresh Fruit
Fruit Juice Choice
Milk Choice

4

Thursday

French Toast Sticks w/Syrup
Fresh Fruit
Fruit Juice Choice
Milk Choice

5

Friday

Sausage & Biscuit
Fresh Fruit
Fruit Juice Choice
Milk Choice

6

FALL BREAK

9

FALL BREAK

10

FALL BREAK

11

FALL BREAK

12

FALL BREAK

13

Super Donut
Fresh Fruit
Fruit Juice Choice
Milk Choice

16

HONEY BUN
Fresh Fruit
Fruit Juice Choice
Milk Choice

17

Dutch Waffle
Strawberries
Fruit Juice Choice
Milk Choice

18

POWDERED DONUTS
Fresh Fruit
Fruit Juice Choice
Milk Choice

19

Biscuit & Gravy
Fresh Fruit
Fruit Juice Choice
Milk Choice

20

Pancake on a stick
Fresh Fruit
Fruit Juice Choice
Milk Choice

23

Waffles w/Syrup
Fresh Fruit
Fruit Juice Choice
Milk Choice

24

Ham & Cheese Croissant
Fresh Fruit
Fruit Juice Choice
Milk Choice

25

Muffin & Yogurt
Fresh Fruit
Fruit Juice Choice
Milk Choice

26

Sausage & Biscuit
Fresh Fruit
Fruit Juice Choice
Milk Choice

27

Pancakes w/Syrup
Fresh Fruit
Fruit Juice Choice
Milk Choice

30

Pop Tart & String Cheese
Fresh Fruit
Fruit Juice
Milk Choice

31

