Amite County School District

October 2019 Breakfast

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|  | Oct – 1  Biscuit & Sausage Patty  Jelly  OR  Large Cereal  Chilled Fruit  Fruit Juice  Milk | Oct - 2  Sausage & Pancake Stick, Syrup & Yogurt  OR  Small Cereal & Yogurt  OR  Cereal bars & Yogurt  Chilled Fruit  Fruit Juice  Milk | Oct - 3  Croissant, Egg Patty,  Bacon & Jelly  OR  Large Cereal  Fresh Fruit  Fruit Juice  Milk | Oct - 4  Breakfast Pizza  OR  Banana Muffin & Yogurt  OR  Small Cereal & Yogurt  Fresh OR Chilled Fruit  Fruit Juice  Milk |
| Oct - 7  French Toast Sticks & syrup  OR  Cinnamon Rolls  OR  Cereal bar & Yogurt  Chilled Fruit  Fruit Juice  Milk | Oct - 8  Biscuit & Sausage Patty  Jelly  OR  Large Cereal  Chilled Fruit  Fruit Juice  Milk | Oct - 9  Sausage & Pancake Stick, Syrup & Yogurt  OR  Small Cereal & Yogurt  OR  Cereal bars & Yogurt  Chilled Fruit  Fruit Juice  Milk | Oct - 10  Grits  Toast  Sausage Patty  OR  Large Cereal  Fresh Fruit  Fruit Juice  Milk | Oct - 11  Breakfast Pizza  OR  Banana Muffin & Yogurt  OR  Small Cereal & Yogurt  Fresh OR Chilled Fruit  Fruit Juice  Milk |
| Oct – 14  No School | Oct - 15  Biscuit & Sausage Patty  Jelly  OR  Large Cereal  Chilled Fruit  Fruit Juice  Milk | Oct - 16  Sausage & Pancake Stick, Syrup & Yogurt  OR  Small Cereal & Yogurt  OR  Cereal bars & Yogurt  Chilled Fruit  Fruit Juice  Milk | Oct - 17  Croissant, Egg Patty,  Bacon & Jelly  OR  Large Cereal  Fresh Fruit  Fruit Juice  Milk | Oct - 18  Breakfast Pizza  OR  Banana Muffin & Yogurt  OR  Small Cereal & Yogurt  Fresh OR Chilled Fruit  Fruit Juice  Milk |
| Oct - 21  French Toast Sticks & syrup  OR  Cinnamon Rolls  OR  Cereal bar & Yogurt  Chilled Fruit  Fruit Juice  Milk | Oct - 22  Biscuit & Sausage Patty  Jelly  OR  Large Cereal  Chilled Fruit  Fruit Juice  Milk | Oct - 23  Sausage & Pancake Stick, Syrup & Yogurt  OR  Small Cereal & Yogurt  OR  Cereal bars & Yogurt  Chilled Fruit  Fruit Juice  Milk | Oct - 24  Grits  Toast  Sausage Patty  OR  Large Cereal  Fresh Fruit  Fruit Juice  Milk | Oct - 25  Breakfast Pizza  OR  Banana Muffin & Yogurt  OR  Small Cereal & Yogurt  Fresh OR Chilled Fruit  Fruit Juice  Milk |
| Oct - 28  Apple Frudel  OR  Powdered Donuts  OR  Banana Bread  OR  Cereal bar & Yogurt  Chilled Fruit  Fruit Juice  Milk | Oct - 29  Biscuit & Sausage Patty  Jelly  OR  Large Cereal  Chilled Fruit  Fruit Juice  Milk | Oct - 30  Sausage & Pancake Stick, Syrup & Yogurt  OR  Small Cereal & Yogurt  OR  Cereal bars & Yogurt  Chilled Fruit  Fruit Juice  Milk | Oct - 31  Croissant, Egg Patty,  Bacon & Jelly  OR  Large Cereal  Fresh Fruit  Fruit Juice  Milk |  |

Every breakfast needs a fruit plus at least two other food items! Grain, Meat, or Milk

\*Milk served daily: fat-free Chocolate and Fat-free Strawberry milk; 1%milk and skim milk.

\*\*Menu subject to change due to unforeseen circumstances.\*\*

\*\*\*This institution is an equal Opportunity Provider and Employer\*\*\*