



# October 2020 – FC Schools BIC Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>The Nutrition Department strives to offer the daily menu as planned and advertised. However, due to some circumstances beyond our control, the daily menus may be altered. This institution is an equal opportunity provider</b></p> <p><b>ALL</b> reimbursable meals <b>MUST</b> have a <b>FRUIT</b> or <b>VEGETABLE</b> on the tray. Students may decline 2 of the 5 meal components - Meat, Grain, Fruit, Vegetable &amp; Milk- but cannot decline <b>BOTH</b> Fruit and Vegetable.</p>			<p>Muffin // Cheese Stick Juice Milk <b>PK Menu</b> Muffin // Cheese Stick Juice // Unflavored Milk</p>	<p>Virtual Learning Day for All Students. Meals are available for pick-up. Please contact your school's cafeteria manager to order meals for Fridays.</p>
<p>5 Breakfast Pizza Juice // Fruit Milk <b>PK Menu</b> Breakfast Pizza Juice // Unflavored Milk</p>	<p>6 Meat Biscuit Juice // Fruit Milk <b>PK Menu</b> Meat Biscuit Juice // Unflavored Milk</p>	<p>7 Mini Donuts Juice // Fruit Milk <b>PK Menu</b> Cereal // Cheese Stick Fruit // Unflavored Milk</p>	<p>8 Egg Omelet w/ Toast Juice // Fruit Milk <b>PK Menu</b> Egg Omelet Juice // Unflavored Milk</p>	<p>9 No School</p>
<p>12 No School Fall Break</p>	<p>13 No School Fall Break</p>	<p>14 No School Fall Break</p>	<p>15 No School Fall Break</p>	<p>16 No School Fall Break</p>
<p>19 Banana Bread Slice Juice // Fruit Milk <b>PK Menu</b> Banana Bread Slice Fruit // Unflavored Milk</p>	<p>20 Meat Biscuit Juice // Fruit Milk <b>PK Menu</b> Meat Biscuit Juice // Unflavored Milk</p>	<p>21 Egg Omelet w/ Toast Juice // Fruit Milk <b>PK Menu</b> Egg Omelet Fruit // Unflavored Milk</p>	<p>22 Breakfast Pizza Juice // Fruit Milk <b>PK Menu</b> Breakfast Pizza Juice // Unflavored Milk</p>	<p>23 Biscuit Sticks Juice // Fruit Milk // Gravy <b>PK Menu</b> Biscuit Sticks w/Gravy Fruit // Unflavored Milk</p>
<p>26 Cheese Stick // Cereal Juice Milk <b>PK Menu</b> Cheese Stick // Cereal Juice // Unflavored Milk</p>	<p>27 Pancake/Sausage Stick Juice // Fruit Milk <b>PK Menu</b> Pancake/Sausage Stick Fruit // Unflavored Milk</p>	<p>28 Meat Biscuit Juice // Fruit Milk <b>PK Menu</b> Meat Biscuit Juice // Unflavored Milk</p>	<p>29 Muffin // Cheese Stick Juice Milk <b>PK Menu</b> Muffin // Cheese Stick Juice // Unflavored Milk</p>	<p>30 Meat Biscuit Juice // Fruit Milk <b>PK Menu</b> Meat Biscuit Fruit // Unflavored Milk</p>

All reimbursable meals are free to all students thru December 31, 2020!