

OCTOBER



Breakfast Meal Price \$1.75
 Lunch Meal Price: \$3.25
 Extra milk 1% or Non-fat White: \$0.50

Elementary Breakfast Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| 2 NO SCHOOL <small>TEACHER IN-SERVICE DAY</small> NO SCHOOL!  | 3 French Toast Sunbutter Bagel Cream Cheese Bagel Assorted Cereal & Yogurt | 4 Spiced Apple Breakfast Bar Assorted Yogurt Cinnamon Toast Scrambled Eggs | 5 Breakfast Burrito Cream Cheese Bagel Sunbutter Bagel Assorted Cereal & Yogurt | 6 Egg Cheese Muffin Sandwich Assorted Cereal & Yogurt |
| 9 Cinnamon Toast Scrambled Eggs Breakfast Bar & Yogurt | 10 French Toast Sunbutter Bagel Cream Cheese Bagel Assorted Cereal & Yogurt | 11 Spiced Apple Breakfast Bar Assorted Yogurt Cinnamon Toast Scrambled Eggs All Schools Minimum Day | 12 Breakfast Burrito Cream Cheese Bagel Sunbutter Bagel | 13 Egg Cheese Muffin Sandwich Assorted Cereal & Yogurt |
| 16 Cinnamon Toast Scrambled Eggs Breakfast Bar & Yogurt | 17 French Toast Sunbutter Bagel Cream Cheese Bagel Assorted Cereal & Yogurt | 18 Pumpkin Breakfast Bar Assorted Yogurt Cinnamon Toast Scrambled Eggs | 19 Breakfast Burrito Cream Cheese Bagel Sunbutter Bagel Assorted Cereal & Yogurt | 20 Egg Cheese Muffin Sandwich Assorted Cereal & Yogurt |
| 23 Cinnamon Toast Scrambled Eggs Breakfast Bar & Yogurt | 24 French Toast Sunbutter Bagel Cream Cheese Bagel Assorted Cereal & Yogurt | 25 Pumpkin Breakfast Bar Assorted Yogurt Cinnamon Toast Scrambled Eggs | 26 Breakfast Burrito Cream Cheese Bagel Sunbutter Bagel Assorted Cereal & Yogurt | 27 Egg Cheese Muffin Sandwich Assorted Cereal & Yogurt |
| Elementary Schools Minimum Day - All Week | | | | |
| 30 Cinnamon Toast Scrambled Eggs Breakfast Bar & Yogurt  | 31 Banana Heads French Toast Sunbutter Bagel Cream Cheese Bagel Assorted Cereal & Yogurt | Visit our website www.ttusdhealthymeals.org Need to reach Food & Nutrition Services? Please contact us at 530-582-2529 <i>This institution is an equal opportunity provider.</i> Unexpected menu changes may occur due to availability and weather. | | |



Milk Nutritionals



Fruit Nutritionals

Milk and fresh seasonal fruit offered daily with each entree.

Assorted seasonal fruit options daily include-
 apples, pears, oranges and bananas.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.