

Middle & High School Breakfast Menu

OCTOBER

Breakfast Meal Price \$1.75
Lunch Meal Price: \$3.50
1%, Non-Fat and Non-Fat
Chocolate Milk offered daily \$0.50



Fruit Nutritional



Milk Nutritional

**Milk and fresh
seasonal fruit offered
daily with each entree.**

Visit www.ttusdhealthymeals.org
Need to reach Food & Nutrition
Services?
Please contact us at 530-582-
2529 or email food@ttusd.org

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| 2 TEACHER IN-SERVICE DAY NO SCHOOL!  | 3 French Toast Cream Cheese Bagel & Yogurt Sunbutter Bagel & Yogurt Cereal & Yogurt | 4 Spiced Apple Breakfast Bar Cinnamon Toast Scrambled Eggs Cream Cheese Bagel & Yogurt Sunbutter Bagel & Yogurt Assorted Yogurt | 5 Breakfast Burrito Cream Cheese Bagel & Yogurt Sunbutter Bagel & Yogurt Cereal & Yogurt | 6 Egg Cheese Muffin Sandwich Breakfast Sandwich Cereal & Yogurt |
| Breakfast 100% Fruit Juice Nutrition-Offered Monday & Wednesday | | | | |
| 9 Cinnamon Toast Scrambled Eggs Cream Cheese Bagel & Yogurt Sunbutter Bagel & Yogurt Breakfast Bar & Yogurt  | 10 French Toast Cream Cheese Bagel & Yogurt Sunbutter Bagel & Yogurt Cereal & Yogurt | 11 Spiced Apple Breakfast Bar Cinnamon Toast Scrambled Eggs Cream Cheese Bagel & Yogurt Sunbutter Bagel & Yogurt Assorted Yogurt ALL SCHOOLS MINIMUM DAY | 12 Breakfast Burrito Cream Cheese Bagel & Yogurt Sunbutter Bagel & Yogurt Cereal & Yogurt | 13 Egg Cheese Muffin Sandwich Breakfast Sandwich Cereal & Yogurt |
| 16 Cinnamon Toast Scrambled Eggs Cream Cheese Bagel & Yogurt Sunbutter Bagel & Yogurt Breakfast Bar & Yogurt  | 17 French Toast Cream Cheese Bagel & Yogurt Sunbutter Bagel & Yogurt Cereal & Yogurt | 18 Pumpkin Breakfast Bar Cinnamon Toast Scrambled Eggs Cream Cheese Bagel & Yogurt Sunbutter Bagel & Yogurt Assorted Yogurt | 19 Breakfast Burrito Cream Cheese Bagel & Yogurt Sunbutter Bagel & Yogurt Cereal & Yogurt | 20 Egg Cheese Muffin Sandwich Breakfast Sandwich Cereal & Yogurt |
| 23 Cinnamon Toast Scrambled Eggs Cream Cheese Bagel & Yogurt Sunbutter Bagel & Yogurt Breakfast Bar & Yogurt  | 24 French Toast Cream Cheese Bagel & Yogurt Sunbutter Bagel & Yogurt Cereal & Yogurt | 25 Pumpkin Breakfast Bar Cinnamon Toast Scrambled Eggs Cream Cheese Bagel & Yogurt Sunbutter Bagel & Yogurt Assorted Yogurt | 26 Breakfast Burrito Cream Cheese Bagel & Yogurt Sunbutter Bagel & Yogurt Cereal & Yogurt | 27 Egg Cheese Muffin Sandwich Breakfast Sandwich Cereal & Yogurt |
| Middle schools- minimum day all week | | | | |
| 30 Cinnamon Toast Scrambled Eggs Cream Cheese Bagel & Yogurt Sunbutter Bagel & Yogurt Breakfast Bar & Yogurt  | 31 Banana Heads French Toast Cream Cheese Bagel & Yogurt Sunbutter Bagel & Yogurt Cereal & Yogurt | <p style="text-align: center;">This institution is an equal opportunity provider.</p> <p style="text-align: center;"><i>Unexpected menu changes may occur due to availability and weather.</i></p> <p style="text-align: center;"><i>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.</i></p> | | |