

# October 2021 Middle School Breakfast Menu



ALVORD  
NUTRITION  
SERVICES

Monday		Tuesday		Wednesday		Thursday		Friday	
								1	Freshly Baked Cinnamon Rolls Whole Wheat Bagel w/Cream Breakfast Bun Pillsbury Chocolate Filled Crescent <b>Assorted Cereals</b> Mini Gems <b>Assorted Muffins</b> Mini Maple Pancakes Four Berry Yogurt Parfait Fruit of the Day Belly Bears
4	Farmer's Egg & Cheese Sandwich Whole Wheat Bagel w/Cream Breakfast Bun Pillsbury Chocolate Filled Crescent <b>Assorted Cereals</b> Mini Gems <b>Assorted Muffins</b> Mini Maple Pancakes Four Berry Yogurt Parfait Hash Brown Rounds Dried Fruit Choices Belly Bears	5	Freshly Baked Cinnamon Rolls Whole Wheat Bagel w/Cream Breakfast Bun Pillsbury Chocolate Filled Crescent <b>Assorted Cereals</b> Mini Gems <b>Assorted Muffins</b> Mini Maple Pancakes Four Berry Yogurt Parfait Belly Bears	6	Farmer's Breakfast Sandwich Whole Wheat Bagel w/Cream Breakfast Bun Pillsbury Chocolate Filled Crescent <b>Assorted Cereals</b> Mini Gems <b>Assorted Muffins</b> Mini Maple Pancakes Four Berry Yogurt Parfait Belly Bears	7	Chicken and Waffles Whole Wheat Bagel w/Cream Breakfast Bun Pillsbury Chocolate Filled Crescent <b>Assorted Cereals</b> Mini Gems <b>Assorted Muffins</b> Mini Maple Pancakes Four Berry Yogurt Parfait Belly Bears	8	Freshly Baked Cinnamon Rolls Whole Wheat Bagel w/Cream Breakfast Bun Pillsbury Chocolate Filled Crescent <b>Assorted Cereals</b> Mini Gems <b>Assorted Muffins</b> Mini Maple Pancakes Four Berry Yogurt Parfait Fruit of the Day Belly Bears
11	Farmer's Egg & Cheese Sandwich Whole Wheat Bagel w/Cream Breakfast Bun Pillsbury Chocolate Filled Crescent <b>Assorted Cereals</b> Mini Gems <b>Assorted Muffins</b> Mini Maple Pancakes Four Berry Yogurt Parfait Hash Brown Rounds Dried Fruit Choices Belly Bears	12	Freshly Baked Cinnamon Rolls Whole Wheat Bagel w/Cream Breakfast Bun Pillsbury Chocolate Filled Crescent <b>Assorted Cereals</b> Mini Gems <b>Assorted Muffins</b> Mini Maple Pancakes Four Berry Yogurt Parfait Belly Bears	13	Farmer's Breakfast Sandwich Whole Wheat Bagel w/Cream Pillsbury Chocolate Filled Crescent Breakfast Bun <b>Assorted Cereals</b> Mini Maple Pancakes <b>Assorted Muffins</b> Mini Gems Four Berry Yogurt Parfait Belly Bears	14	Chicken and Waffles Whole Wheat Bagel w/Cream Breakfast Bun Pillsbury Chocolate Filled Crescent <b>Assorted Cereals</b> Mini Gems <b>Assorted Muffins</b> Mini Maple Pancakes Four Berry Yogurt Parfait Belly Bears	15	Freshly Baked Cinnamon Rolls Whole Wheat Bagel w/Cream Breakfast Bun Pillsbury Chocolate Filled Crescent <b>Assorted Cereals</b> Mini Gems <b>Assorted Muffins</b> Mini Maple Pancakes Four Berry Yogurt Parfait Fruit of the Day Belly Bears
18	Farmer's Egg & Cheese Sandwich Whole Wheat Bagel w/Cream Breakfast Bun Pillsbury Chocolate Filled Crescent <b>Assorted Cereals</b> Mini Gems <b>Assorted Muffins</b> Mini Maple Pancakes Four Berry Yogurt Parfait Hash Brown Rounds Dried Fruit Choices Belly Bears	19	Freshly Baked Cinnamon Rolls Whole Wheat Bagel w/Cream Breakfast Bun Pillsbury Chocolate Filled Crescent <b>Assorted Cereals</b> Mini Gems <b>Assorted Muffins</b> Mini Maple Pancakes Four Berry Yogurt Parfait Belly Bears	20	Farmer's Breakfast Sandwich Whole Wheat Bagel w/Cream Breakfast Bun Pillsbury Chocolate Filled Crescent <b>Assorted Cereals</b> Mini Gems <b>Assorted Muffins</b> Mini Maple Pancakes Four Berry Yogurt Parfait Belly Bears	21	Chicken and Waffles Whole Wheat Bagel w/Cream Breakfast Bun Pillsbury Chocolate Filled Crescent <b>Assorted Cereals</b> Mini Gems <b>Assorted Muffins</b> Mini Maple Pancakes Four Berry Yogurt Parfait Belly Bears	22	Freshly Baked Cinnamon Rolls Whole Wheat Bagel w/Cream Breakfast Bun Pillsbury Chocolate Filled Crescent <b>Assorted Cereals</b> Mini Gems <b>Assorted Muffins</b> Mini Maple Pancakes Four Berry Yogurt Parfait Fruit of the Day Belly Bears
25	Farmer's Egg & Cheese Sandwich Whole Wheat Bagel w/Cream Breakfast Bun Pillsbury Chocolate Filled Crescent <b>Assorted Cereals</b> Mini Gems <b>Assorted Muffins</b> Mini Maple Pancakes Four Berry Yogurt Parfait Hash Brown Rounds Dried Fruit Choices Belly Bears	26	Freshly Baked Cinnamon Rolls Whole Wheat Bagel w/Cream Breakfast Bun Pillsbury Chocolate Filled Crescent <b>Assorted Cereals</b> Mini Gems <b>Assorted Muffins</b> Mini Maple Pancakes Four Berry Yogurt Parfait Belly Bears	27	Farmer's Breakfast Sandwich Whole Wheat Bagel w/Cream Breakfast Bun Pillsbury Chocolate Filled Crescent <b>Assorted Cereals</b> Mini Gems <b>Assorted Muffins</b> Mini Maple Pancakes Four Berry Yogurt Parfait Belly Bears	28	Chicken and Waffles Whole Wheat Bagel w/Cream Breakfast Bun Pillsbury Chocolate Filled Crescent <b>Assorted Cereals</b> Mini Gems <b>Assorted Muffins</b> Mini Maple Pancakes Four Berry Yogurt Parfait Belly Bears	29	Freshly Baked Cinnamon Rolls Whole Wheat Bagel w/Cream Breakfast Bun Pillsbury Chocolate Filled Crescent <b>Assorted Cereals</b> Mini Gems <b>Assorted Muffins</b> Mini Maple Pancakes Four Berry Yogurt Parfait Fruit of the Day Belly Bears

**Meals are free for all Students**  
**Breakfast includes:**  
**Choice of entrée, assorted fruit & juice and choice of 1% white milk or nonfat chocolate milk.**

**All grains offered are whole grain rich**  
**Menu subject to change**

**This institution is an equal opportunity provider**

Milk List

**We are proud to offer local and regional products in our school meals.**