

# October 2021 High 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 Breakfast Bun Pillsbury Chocolate Filled Crescent <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> Belly Bears Mini Maple Pancakes Four Berry Yogurt Parfait Fruit of the Day

**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.**