



October 2018

Transitions Breakfast

MODESTO CITY SCHOOLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Meal Prices</u></p> <p>Breakfast served at no charge</p>	<p>1/2 pint milk served with each meal. Menu subject to change without notice. See mcsnutrition.org for nutrition information.</p>			<p><i>Energy Island has a variety of fruits and vegetables available with ranch dressing for dipping.</i></p>
<p>1</p> <p>Whole Grain Confetti Pancakes</p> <p>Fresh Fruit</p> <p>X-Ray Vision Carrots</p>	<p>2</p> <p>Whole Grain Sausage Breakfast Square</p> <p>Fresh Fruit</p> <p>X-Ray Vision Carrots</p>	<p>3</p> <p>Whole Grain Cinnamon Roll</p> <p>Fresh Fruit</p> <p>X-Ray Vision Carrots</p>	<p>4</p> <p>Chicken Sausage on a Whole Grain Breakfast Roll</p> <p>Fresh Fruit, Orange Juice</p> <p>X-Ray Vision Carrots</p>	<p>5</p> <p>Whole Grain Pumpkin Square</p> <p>Yogurt, Fresh Fruit</p> <p>X-Ray Vision Carrots</p>
<p>8</p> <p>Whole Grain Pancakes w/ Cinnamon Glaze</p> <p>Fresh Fruit</p> <p>X-Ray Vision Carrots</p>	<p>9</p> <p>Whole Grain Sausage Breakfast Square</p> <p>Fresh Fruit</p> <p>X-Ray Vision Carrots</p>	<p>10</p> <p>Whole Grain Chocolate Muffin</p> <p>Yogurt, Fresh Fruit</p> <p>X-Ray Vision Carrots</p>	<p>11</p> <p>Chicken Sausage on a Whole Grain Breakfast Roll</p> <p>Fresh Fruit, Orange Juice</p> <p>X-Ray Vision Carrots</p>	<p>12</p> <p>Whole Grain Apple Cinnamon Square</p> <p>Yogurt, Fresh Fruit</p> <p>X-Ray Vision Carrots</p>
<p>15</p> 	<p>16</p> <p>Whole Grain Sausage Breakfast Square</p> <p>Fresh Fruit</p> <p>X-Ray Vision Carrots</p>	<p>17</p> <p>Whole Grain Cinnamon Roll</p> <p>Fresh Fruit</p> <p>X-Ray Vision Carrots</p>	<p>18</p> <p>Chicken Sausage on a Whole Grain Breakfast Roll</p> <p>Fresh Fruit, Orange Juice</p> <p>X-Ray Vision Carrots</p>	<p>19</p> <p>Whole Grain Pumpkin Square</p> <p>Yogurt, Fresh Fruit</p> <p>X-Ray Vision Carrots</p>
<p>22</p> <p>Whole Grain Pancakes w/ Blueberry Glaze</p> <p>Fresh Fruit</p> <p>X-Ray Vision Carrots</p>	<p>23</p> <p>Whole Grain Sausage Breakfast Square</p> <p>Fresh Fruit</p> <p>X-Ray Vision Carrots</p>	<p>24</p> <p>Whole Grain Chocolate Muffin</p> <p>Yogurt, Fresh Fruit</p> <p>X-Ray Vision Carrots</p>	<p>25</p> <p>Chicken Sausage on a Whole Grain Breakfast Roll</p> <p>Fresh Fruit, Orange Juice</p> <p>X-Ray Vision Carrots</p>	<p>26</p> <p>Whole Grain Apple Cinnamon Square</p> <p>Yogurt, Fresh Fruit</p> <p>X-Ray Vision Carrots</p>
<p>29</p> <p>Whole Grain Confetti Pancakes</p> <p>Fresh Fruit</p> <p>X-Ray Vision Carrots</p>	<p>30</p> <p>Whole Grain Sausage Breakfast Square</p> <p>Fresh Fruit</p> <p>X-Ray Vision Carrots</p>	<p>31</p> <p>Whole Grain Cinnamon Roll</p> <p>Fresh Fruit</p> <p>X-Ray Vision Carrots</p>		

1/2 pint milk served with each meal. Menu subject to change.
This institution is an equal opportunity provider