

October 2019

Transitions Breakfast

Modesto City Schools

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Breakfast served at no charge.
1/2 pint milk served with each meal.
 See www.mcsnutrition.org for nutrition information.

	1 Whole Grain Turkey Sausage Breakfast Square Assorted Fresh Fruit	2 Whole Grain Chocolate Muffin Yogurt Assorted Fresh Fruit	3 Chicken Sausage on a Whole Grain Breakfast Roll Assorted Fresh Fruit Orange Juice	4 Whole Grain Apple Cinnamon Square Yogurt Assorted Fresh Fruit
7 Whole Grain French Toast Sticks Assorted Fresh Fruit	8 Whole Grain Turkey Sausage Breakfast Square Assorted Fresh Fruit Orange Juice	9 Whole Grain Oatmeal Chocolate Chip Muffin Yogurt Assorted Fresh Fruit	10 Whole Grain Cinnamon Roll Assorted Fresh Fruit	11 Whole Grain Pumpkin Square Yogurt Assorted Fresh Fruit
14 	15 Whole Grain Turkey Sausage Breakfast Square Assorted Fresh Fruit	16 Whole Grain Chocolate Muffin Yogurt Assorted Fresh Fruit	17 Chicken Sausage on a Whole Grain Breakfast Roll Assorted Fresh Fruit Orange Juice	18 Whole Grain Apple Cinnamon Square Yogurt Assorted Fresh Fruit
21 Whole Grain Confetti Pancakes Assorted Fresh Fruit	22 Whole Grain Turkey Sausage Breakfast Square Assorted Fresh Fruit Orange Juice	23 Whole Grain Oatmeal Chocolate Chip Muffin Yogurt Assorted Fresh Fruit	24 Whole Grain Cinnamon Roll Assorted Fresh Fruit	25 Whole Grain Pumpkin Square Yogurt Assorted Fresh Fruit
28 Whole Grain Pancakes w/ Cinnamon Glaze Assorted Fresh Fruit	29 Whole Grain Turkey Sausage Breakfast Square Assorted Fresh Fruit	30 Whole Grain Chocolate Muffin Yogurt Assorted Fresh Fruit	31 Chicken Sausage on a Whole Grain Breakfast Roll Assorted Fresh Fruit Orange Juice	

