



October 2017

DANA BREAKFAST MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| 2 BREAKFAST BURRITO POPTARTS* MUFFINS* | 3 BREAKFAST PIZZA BAGEL & CREAM CHEESE* CEREALS* | 4 FRENCH TOAST & SAUSAGE YOGURT PARFAIT* POPTARTS* MUFFINS* | 5 EGG & SAUSAGE MUFFIN CINNAMON TWISTS* BAGEL & CREAM CHEESE* CEREALS* | 6 STAFF DEVELOPMENT DAY |
| 9 BREAKFAST BURRITO POPTARTS* MUFFINS* | 10 BREAKFAST PIZZA BAGEL & CREAM CHEESE* CEREALS* | 11 FRENCH TOAST & SAUSAGE YOGURT PARFAIT* POPTARTS* MUFFINS* | 12 EGG & SAUSAGE MUFFIN CINNAMON TWISTS* BAGEL & CREAM CHEESE* CEREALS* | 13 MINIMUM DAY PANCAKE ON STICK WG POWDERED SUGAR DONUT* CONCHA* MUFFINS* POPTARTS* |
| 16 BREAKFAST BURRITO POPTARTS* MUFFINS* | 17 BREAKFAST PIZZA BAGEL & CREAM CHEESE* CEREALS* | 18 FRENCH TOAST & SAUSAGE YOGURT PARFAIT* POPTARTS* MUFFINS* | 19 EGG & SAUSAGE MUFFIN CINNAMON TWISTS* BAGEL & CREAM CHEESE* CEREALS* | 20 PANCAKE ON STICK WG POWDERED SUGAR DONUT* CONCHA* MUFFINS* POPTARTS* |
| 23 BREAKFAST BURRITO POPTARTS* MUFFINS* | 24 BREAKFAST PIZZA BAGEL & CREAM CHEESE* CEREALS* | 25 FRENCH TOAST & SAUSAGE YOGURT PARFAIT* POPTARTS* MUFFINS* | 26 COLLABORATION DAY EGG & SAUSAGE MUFFIN CINNAMON TWISTS* BAGEL & CREAM CHEESE* CEREALS* | 27 PANCAKE ON STICK WG POWDERED SUGAR DONUT* CONCHA* MUFFINS* POPTARTS* |
| 30 BREAKFAST BURRITO POPTARTS* MUFFIN* | 31 BREAKFAST PIZZA BAGEL & CREAM CHEESE* CEREALS* | | | |

Harvest
of the
Month



Work for a Healthy California

OFFERED DAILY:

1% LOWFAT MILK
NONFAT CHOC. MILK
APPLE JUICE
ORANGE JUICE
FRESH FRUIT

You must choose at
least 3 items
(meat, grain, fruit, juice,
or milk)

1 must be a fruit

All meals are low sodium
and all grains are whole
grains!