



October 2017

FIRST AVENUE BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BREAKFAST BURRITO CONCHA* WHOLE GRAIN DONUTS* POPTARTS*	3 YOGURT PARFAIT* MUFFINS* BAGEL & CREAM CHEESE* CEREALS*	4 EGG & SAUSAGE CROISSANT COFFEE CAKE* POPTARTS* FRENCH TOAST & SAUSAGE	5 PANCAKE ON A STICK BAGEL & CREAM CHEESE* BREAKFAST PIZZA WHOLE GRAIN DONUT EGG TORNADO CEREALS*	6 STAFF DEVELOPMENT DAY
9 BREAKFAST BURRITO CONCHA* WHOLE GRAIN DONUTS* POPTARTS*	10 YOGURT PARFAIT* MUFFINS* BAGEL & CREAM CHEESE* CEREALS*	11 EGG & SAUSAGE CROISSANT COFFEE CAKE* POPTARTS* FRENCH TOAST & SAUSAGE	12 PANCAKE ON A STICK BAGEL & CREAM CHEESE* BREAKFAST PIZZA WHOLE GRAIN DONUT EGG TORNADO CEREALS*	13 MINIMUM DAY SACK LUNCH
16 BREAKFAST BURRITO CONCHA* WHOLE GRAIN DONUTS* POPTARTS*	17 YOGURT PARFAIT* MUFFINS* BAGEL & CREAM CHEESE* CEREALS*	18 EGG & SAUSAGE CROISSANT COFFEE CAKE* POPTARTS* FRENCH TOAST & SAUSAGE	19 PANCAKE ON A STICK BAGEL & CREAM CHEESE* BREAKFAST PIZZA WHOLE GRAIN DONUT EGG TORNADO CEREALS*	20 PANCAKES & SAUSAGE CONCHA* WG CHOCOLATE DONUT MUFFINS* POPTARTS*
23 BREAKFAST BURRITO CONCHA* WHOLE GRAIN DONUTS* POPTARTS*	24 YOGURT PARFAIT* MUFFINS* BAGEL & CREAM CHEESE* CEREALS*	25 EGG & SAUSAGE CROISSANT COFFEE CAKE* POPTARTS* FRENCH TOAST & SAUSAGE	26 COLLABORATION DAY SACK LUNCH	27 PANCAKES & SAUSAGE CONCHA* WG CHOCOLATE DONUT MUFFINS* POPTARTS*
30 BREAKFAST BURRITO CONCHA* WHOLE GRAIN DONUTS* POPTARTS	31 YOGURT PARFAIT* MUFFINS* BAGEL & CREAM CHEESE* CEREALS*			

Harvest
of the
Month



Network for 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, milk)

1 must be a fruit

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