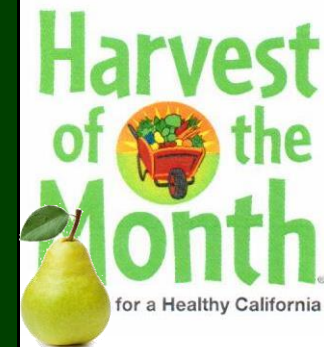




October 2017

FOOTHILLS BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 HAM & CHEESE WRAP COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*	3 BREAKFAST BURRITO BAGEL & CREAM CHEESE* CONCHA* YOGURT PARFAIT* POWDERED SUGAR DONUT*	4 EGG CROISSANT COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*	5 BREAKFAST PIZZA BAGEL & CREAM CHEESE CONCHA YOGURT PARFAIT* POWERED SUGAR DONUT*	6 STAFF DEVELOPMENT DAY
9 HAM & CHEESE WRAP COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*	10 BREAKFAST BURRITO BAGEL & CREAM CHEESE* CONCHA* YOGURT PARFAIT* POWDERED SUGAR DONUT*	11 EGG CROISSANT COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*	12 BREAKFAST PIZZA BAGEL & CREAM CHEESE CONCHA YOGURT PARFAIT* POWERED SUGAR DONUT*	13 MINIMUM DAY BREAKFAST BOWL COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*
16 HAM & CHEESE WRAP COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*	17 BREAKFAST BURRITO BAGEL & CREAM CHEESE* CONCHA* YOGURT PARFAIT* POWDERED SUGAR DONUT*	18 EGG CROISSANT COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*	19 BREAKFAST PIZZA BAGEL & CREAM CHEESE CONCHA YOGURT PARFAIT* POWERED SUGAR DONUT*	20 BREAKFAST BOWL COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*
23 HAM & CHEESE WRAP COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*	24 BREAKFAST BURRITO BAGEL & CREAM CHEESE* CONCHA* YOGURT PARFAIT* POWDERED SUGAR DONUT*	25 EGG CROISSANT COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*	26 COLLABORATION DAY BREAKFAST PIZZA BAGEL & CREAM CHEESE CONCHA YOGURT PARFAIT* POWERED SUGAR DONUT*	27 BREAKFAST BOWL COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*
30 HAM & CHEESE WRAP COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*	31 BREAKFAST BURRITO BAGEL & CREAM CHEESE* CONCHA* YOGURT PARFAIT* POWDERED SUGAR DONUT*			



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!