

October 2017

HIGHLAND OAKS BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 PANCAKES & SAUSAGE ASSORTED CEREALS*	3 FRENCH TOAST STICKS BAGEL WITH CREAM CHEESE*	4 BREAKFAST BURRITO CHOCOLATE MUFFIN*	5 YOGURT PARFAIT* BREAKFAST PIZZA	6 STAFF DEVELOPMENT DAY
9 MINIMUM DAY PANCAKES & SAUSAGE ASSORTED CEREALS*	10 MINIMUM DAY FRENCH TOAST STICKS MINI BAGELS*	11 MINIMUM DAY BREAKFAST BURRITO CHOCOLATE MUFFIN*	12 MINIMUM DAY YOGURT PARFAIT* BREAKFAST PIZZA	13 MINIMUM DAY CHOCOLATE MUFFIN* ASSORTED CEREALS*
16 PANCAKES & SAUSAGE ASSORTED CEREALS*	17 FRENCH TOAST STICKS BAGEL WITH CREAM CHEESE*	18 BREAKFAST BURRITO CHOCOLATE MUFFIN*	19 YOGURT PARFAIT* BREAKFAST PIZZA	20 CHOCOLATE MUFFIN* ASSORTED CEREALS*
23 PANCAKES & SAUSAGE ASSORTED CEREALS*	24 FRENCH TOAST STICKS MINI BAGELS*	25 BREAKFAST BURRITO CHOCOLATE MUFFIN*	26 COLLABORATION DAY YOGURT PARFAIT* BREAKFAST PIZZA	27 CHOCOLATE MUFFIN* ASSORTED CEREALS*
30 PANCAKES & SAUSAGE ASSORTED CEREALS*	31 FRENCH TOAST STICKS BAGEL WITH CREAM CHEESE*			



OFFERED DAILY:

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

You must take 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!