




October Breakfast Menu

A Complete School Breakfast Includes:

**A Featured Hot Entrée OR Cold Entrée 1 OR Cold Entrée 2,
1-2 Fruit/Fruit Juice, and/or Milk**

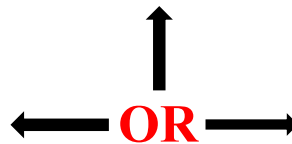
Featured Hot Entrée				
Monday	Tuesday	Wednesday	Thursday	Friday
Apple Filled Frudel	Mini Cinnis	Jimmy Dean Turkey Sausage & Pancake Breakfast Stick	Cinnamon French Toast  Sticks	Mini Eggo Confetti Pancakes

Cold Entrée 1

Choose 1

- Assorted Pop-Tarts
- Banana Bread

All items are served daily



Cold Entrée 2

Choose 1 or 2

- Assorted Cereal
- Assorted Cereal Bars
- Assorted Nutri-Grain Bars
- Assorted Muffins
- Assorted Trix Yogurt
- String Cheese

All items are served daily

To make breakfast a meal, students are offered 1 cup of fruit/fruit juice and must select at least ½ cup fruit/fruit juice. All fruit/fruit juices are ½ cup servings.

Served Daily in Cafeteria and on Breakfast Cart Located in Zero Wing

8:20 AM – 8:40 AM – Student’s Take Breakfast Back To Classrooms.

Breakfast Meal Price: FREE**

**USDA Waiver: 1 free breakfast meal and 1 free lunch meal daily for all students the entire school year.

Free & Reduced Priced Meal Application

This year, every student may receive 1 free breakfast meal and 1 free lunch meal; however, completion of the Free & Reduced Price Meal Application may qualify newly eligible children for additional benefits.

Free and Reduced Price Meal Applications are available on the Child Nutrition website

www.mcschildnutrition.com under the “Apply for Meal Benefits” button as well as in the school office.