



## October Breakfast Menu

**A Complete School Breakfast Includes:**

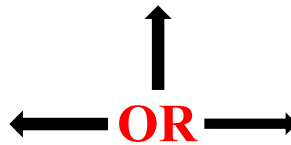
**A Featured Hot Entrée OR Cold Entrée 1 OR Cold Entrée 2,  
1-2 Fruit/Fruit Juice, and/or Milk**

Featured Hot Entree				
Monday	Tuesday	Wednesday	Thursday	Friday
Apple Filled Frudel	Cinnamon French Toast Sticks	Jimmy Dean Turkey Sausage & Pancake Breakfast Stick	Mini Cinnis	Mini Maple Waffles
<b>Served Daily:</b> Mini Pancakes – <i>Flavor of the Month</i> – Confetti Pancakes				

**Cold Entrée 1**  
**Choose 1**

- Assorted Pop-Tarts
- Assorted Cereal
- Assorted Flavored Bread
- Cinnamon Roll

*All items are served daily*



**Cold Entrée 2**  
**Choose 1 OR 2**

- Assorted Cereal Bars
- Assorted Muffins
- Assorted Nutri-Grain Bars
- String Cheese
- Hard Boiled Egg

*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 7:20-7:45 AM and on Breakfast Cart 7:10-7:45 AM  
Breakfast Cart is located by the 300 wing where buses unload.**

**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](http://www.mcschildnutrition.com) under the “Apply for Meal Benefits” button as well as in the school office.