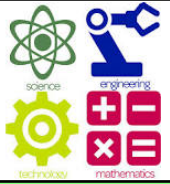




October 2017

MIDDLE SCHOOL BREAKFAST MENU



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Muffin Squares Fruit, Fresh Juice, 100% Fruit Milk, 1% White Milk, FF Chocolate Milk, Strawberry	3	Breakfast Poptart Animal Snacker Fruit Cup Juice, 100% Fruit Milk, 1% White Milk, FF Chocolate Milk, Strawberry	4	Blueberry Bagel Fruit, Fresh Variety Juice, 100% Fruit Milk, FF Chocolate Milk, 1% White Milk, Strawberry	5	Choc Chip Waffles Fruit Cup Juice, 100% Fruit Milk, 1% White Milk, FF Chocolate Milk, Strawberry	6	Sausage Sandwich- Fruit, Apple Juice, 100% Fruit Milk, 1% White Milk, FF Chocolate Milk, Strawberry
9	* FALL BREAK	10	* FALL BREAK	11	* FALL BREAK	12	* FALL BREAK	13	* FALL BREAK
16	* FALL BREAK	17	* FALL BREAK	18	* FALL BREAK	19	* FALL BREAK	20	* FALL BREAK
23	Muffin Squares Fruit, Fresh Juice, 100% Fruit Milk, 1% White Milk, FF Chocolate Milk, Strawberry	24	Breakfast Poptart Animal Snacker Fruit Cup Juice, 100% Fruit Milk, 1% White Milk, FF Chocolate Milk, Strawberry	25	Blueberry Bagel Fruit, Fresh Variety Juice, 100% Fruit Milk, FF Chocolate Milk, 1% White Milk, Strawberry	26	Choc Chip Waffles Fruit Cup Juice, 100% Fruit Milk, 1% White Milk, FF Chocolate Milk, Strawberry	27	Sausage Sandwich- Fruit, Apple Juice, 100% Fruit Milk, 1% White Milk, FF Chocolate Milk, Strawberry
30	Blueberry Bagel Fruit, Fresh Variety Juice, 100% Fruit Milk, FF Chocolate Milk, 1% White Milk, Strawberry	31	Pancakes & Sausage Fruit, Fresh Juice, 100% Fruit Milk, 1% White Milk, FF Chocolate Milk, Strawberry						

School News

Welcome Back
Students and
Families!!

Breakfast Prices:
Reduced NO COST
Full pay \$1.50

Payments can be made
at: bearvalleyfs.com or
send a check payable
to Child Nutrition to
your child's school
cafeteria. Contact us
at 909.866.4406 for
assistance

Please complete a new
meal application for
the 2017-18 school
year. Applications are
available at your
child's school office or
you may apply on line-
please visit
www.lunchapplication.com.



Serving Date	Recipe	Allergens
10/02/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-1132 - Cereal & Crackers	Wheat, Soybeans
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
	R-1227 - Breakfast Poptart	Wheat, Soybeans
	R-1926 - Yogurt, Trix	Milk
10/03/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-1132 - Cereal & Crackers	Wheat, Soybeans
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
	R-1227 - Breakfast Poptart	Wheat, Soybeans
	R-1926 - Yogurt, Trix	Milk
10/04/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1132 - Cereal & Crackers	Wheat, Soybeans
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
	R-1227 - Breakfast Poptart	Wheat, Soybeans
10/05/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-1132 - Cereal & Crackers	Wheat, Soybeans
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
	R-1227 - Breakfast Poptart	Wheat, Soybeans
	R-1926 - Yogurt, Trix	Milk
10/06/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-1132 - Cereal & Crackers	Wheat, Soybeans
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
	R-1227 - Breakfast Poptart	Wheat, Soybeans
	R-1926 - Yogurt, Trix	Milk
10/23/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-1132 - Cereal & Crackers	Wheat, Soybeans

10/23/2017	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
	R-1227 - Breakfast Poptart	Wheat, Soybeans
	R-1926 - Yogurt, Trix	Milk
10/24/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-1132 - Cereal & Crackers	Wheat, Soybeans
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
	R-1227 - Breakfast Poptart	Wheat, Soybeans
10/25/2017	R-1926 - Yogurt, Trix	Milk
	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1132 - Cereal & Crackers	Wheat, Soybeans
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
10/26/2017	R-1227 - Breakfast Poptart	Wheat, Soybeans
	R-1926 - Yogurt, Trix	Milk
	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-1132 - Cereal & Crackers	Wheat, Soybeans
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
10/27/2017	R-1227 - Breakfast Poptart	Wheat, Soybeans
	R-1926 - Yogurt, Trix	Milk
	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-1132 - Cereal & Crackers	Wheat, Soybeans
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
10/30/2017	R-1227 - Breakfast Poptart	Wheat, Soybeans
	R-1926 - Yogurt, Trix	Milk
	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1132 - Cereal & Crackers	Wheat, Soybeans
10/31/2017	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
	R-1227 - Breakfast Poptart	Wheat, Soybeans
	R-1926 - Yogurt, Trix	Milk
	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat

10/31/2017

R-1227 - Breakfast Poptart

R-1926 - Yogurt, Trix

Wheat, Soybeans

Milk