



October 2017

HIGH SCHOOL BREAKFAST MENU



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Scrambled Eggs, Ham English Muffins, WG Fruit, Apple Sauce Juice, 100% Fruit Milk, 1% White Milk, FF Chocolate Milk, Strawberry	3	Mini Cinni Fruit, Apple Sauce Juice, 100% Fruit Milk, 1% White Milk, FF Chocolate Milk, Strawberry	4	Yogurt Bar- Fruit, Blueberries Juice, 100% Fruit Milk, 1% White Milk, FF Chocolate Milk, Strawberry	5	Pancakes WG Fruit, Banana Juice, 100% Fruit Milk, 1% White Milk, FF Chocolate Milk, Strawberry	6	Pancake Stick Juice, 100% Fruit Fruit Cup 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	Yogurt Bar- Fruit, Blueberries Juice, 100% Fruit Milk, 1% White Milk, FF Chocolate Milk, Strawberry	24	Pancakes WG Fruit, Banana Juice, 100% Fruit Milk, 1% White Milk, FF Chocolate Milk, Strawberry	25	Pancake Stick Juice, 100% Fruit Fruit Cup Milk, 1% White Milk, FF Chocolate Milk, Strawberry	26	Sausage Biscuit Fruit, Fresh Juice, 100% Fruit Milk, 1% White Milk, FF Chocolate Milk, Strawberry	27	Oatmeal- HS Fruit, Blueberries 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	Choc Chip Waffles Fruit, Apple 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
Adults \$2.00

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-0803 - Bagel & Cream	Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1209 - English Muffins, WG	Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
10/03/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1126 - Mini Cinni	Milk, Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
10/04/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
10/05/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
10/06/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
10/23/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
10/24/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
10/25/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk

10/25/2017	R-0803 - Bagel & Cream	Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
10/26/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
10/27/2017	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
10/30/2017	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
	R-1679 - Oatmeal High School	Wheat
	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
10/31/2017	R-0803 - Bagel & Cream	Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
10/31/2017	R-0803 - Bagel & Cream	Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat