





**Cupertino Union School District
Student Nutrition Services
October 2018 Breakfast Menu**

**Breakfast is served each day during
recess at
DeVargas, Eisenhower, and
Nimitz Elementary Schools**

Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
1 French Toast Sticks (38) or Cereal Graham Cracker Juice and Fresh Fruit Milk	2 Ham* & Cheese Sandwich (28) or Cereal Graham Cracker Juice and Fresh Fruit Milk	3 Banana Bread Slice (47) or Cereal Graham Cracker Juice and Fresh Fruit Milk	4 Pancake on a Stick*(18) or Cereal Graham Cracker Juice and Fresh Fruit Milk	5 Apple Cinnamon Bear Paw (41) or Cereal Graham Cracker Juice and Fresh Fruit Milk	Calories 389 Total Fat 16% Protein 14 g Calcium 358 mg Iron 2.6 mg Vitamin C 37 mg Vitamin A 638 IU
8 Mini Blueberry Pancakes (38) or Cereal Graham Cracker Juice and Fresh Fruit Milk	9 Yogurt (20) w/Crackers or Cereal Graham Cracker Juice and Fresh Fruit Milk	10 Bagel (60) w/Cream cheese or Cereal Graham Cracker Juice and Fresh Fruit Milk	11 Pepperoni Pizza Strip (27) or Cereal Graham Cracker Juice and Fresh Fruit Milk	12 Cinnamon Roll (43) or Cereal Graham Cracker Juice and Fresh Fruit Milk	Calories 378 Total Fat 16% Protein 14 g Calcium 392 mg Iron 2.5 mg Vitamin C 34 mg Vitamin A 711 IU
15 No School Staff Learning Day 	16 Ham* & Cheese Sandwich (28) or Cereal Graham Cracker Juice and Fresh Fruit Milk	17 Banana Bread Slice (47) or Cereal Graham Cracker Juice and Fresh Fruit Milk	18 Pancake on a Stick*(18) or Cereal Graham Cracker Juice and Fresh Fruit Milk	19 Apple Cinnamon Bear Paw (41) or Cereal Graham Cracker Juice and Fresh Fruit Milk	Calories 393 Total Fat 16% Protein 14 g Calcium 365 mg Iron 2.8 mg Vitamin C 38 mg Vitamin A 659 IU
22 Mini Blueberry Pancakes (38) or Cereal Graham Cracker Juice and Fresh Fruit Milk	23 Yogurt (20) w/Crackers or Cereal Graham Cracker Juice and Fresh Fruit Milk	24 Bagel (60) w/Cream cheese or Cereal Graham Cracker Juice and Fresh Fruit Milk	25 Pepperoni Pizza Strip (27) or Cereal Graham Cracker Juice and Fresh Fruit Milk	26 Cinnamon Roll (43) or Cereal Graham Cracker Juice and Fresh Fruit Milk	Calories 378 Total Fat 16% Protein 14 g Calcium 392 mg Iron 2.5 mg Vitamin C 34 mg Vitamin A 711 IU
29 French Toast Sticks (38) or Cereal Graham Cracker Juice and Fresh Fruit Milk	30 Ham* & Cheese Sandwich (28) or Cereal Graham Cracker Juice and Fresh Fruit Milk	31 Banana Bread Slice (47) or Cereal Graham Cracker Juice and Fresh Fruit Milk	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">  <p>TITAN SCHOOL SOLUTIONS</p> <p>Prepay for meals and check your student's balance online at: https://family.titank12.com</p> </div> <div style="width: 45%; text-align: right;"> <p>*=Turkey</p> <p>Breakfast Prices Full Price \$2.25 Reduced Price \$0.30 Milk Only \$0.75</p> </div> </div>		Calories 397 Total Fat 15% Protein 14 g Calcium 361 mg Iron 2.6 mg Vitamin C 38 mg Vitamin A 651 IU