

# OCTOBER 2018 ~ BREAKFAST MENU ~ Mountain View School District

## SHOW YOUR SPIRIT with SCHOOL BREAKFAST at the GRAB 'n GO BREAKFAST BAR

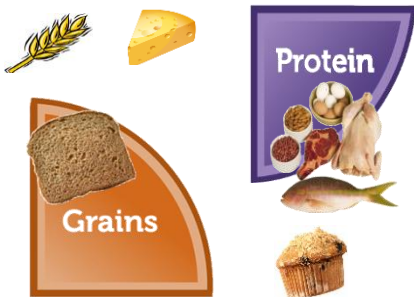
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>STAFF DEVELOPMENT DAY</b>	<b>2</b> Cereal Offered Daily Dannon Yogurt & Granola Egg & Chorizo Wrap PB & J Graham Bar Cherry Muffin	<b>3</b> Cereal Offered Daily <b>Bean &amp; Cheese Burrito</b> Egg & Mini Bagel Buttermilk Twins Breakfast Bar	<b>4</b> Cereal Offered Daily <b>Ultimate Breakfast Round</b> Dannon Yogurt & BellyBears Peanut Butter Uncrustable Mini Cinnamon Rolls	<b>5</b> Cereal Offered Daily <b>Maple Pancake Sausage on a Stick</b> Blueberry Waffles Breakfast Bar Manager's Choice
<b>8</b> Cereal Offered Daily Dannon Yogurt & BellyBears Crumb Loaf Mini Cheeseburger Cinnamon French Toast	<b>9</b> Cereal Offered Daily French Bread Breakfast Boat Turkey Pancake Wraps Breakfast Bar Banana Muffin	<b>10</b> Cereal Offered Daily <b>Bagel &amp; Cream Cheese</b> Dannon Yogurt & Granola Ultimate Breakfast Round PB & J Graham Bar	<b>11</b> Cereal Offered Daily <b>Buttermilk Twins</b> Peanut Butter Uncrustable Breakfast Bar Mini Cinnamon Rolls	<b>12</b> Cereal Offered Daily <b>Berry French Toast</b> Egg & Mini Bagel Whole Grain Honey Bun Manager's Choice
<b>15</b> Cereal Offered Daily Dannon Yogurt & Granola Chicken Pizza Bagel Maple Pancake PB & J Graham Bar	<b>16</b> Cereal Offered Daily <b>Mini Cheeseburger</b> Egg & Mini Bagel Breakfast Bar Buttermilk Twin Bars	<b>17</b> <b>PARENT CONFERENCE DAY</b>	<b>18</b> Cereal Offered Daily <b>Blueberry Muffin</b> Dannon Yogurt & BellyBears Peanut Butter Uncrustable Mini Cinnamon Rolls	<b>19</b> Cereal Offered Daily <b>Bacon Scramble Pizza</b> Ultimate Breakfast Round Breakfast Bar Manager's Choice
<b>22</b> Cereal Offered Daily Dannon Yogurt & BellyBears Hawaiian Breakfast Sandwich Crumb Loaf Breakfast Bar	<b>23</b> Cereal Offered Daily Fiesta Egg & Cheese Sandwich Cherry Muffin PB & J Graham Bar Mini Cinnamon Rolls	<b>24</b> Cereal Offered Daily <b>Cheese Tamale</b> Breakfast Bar Ultimate Breakfast Round Buttermilk Twins	<b>25</b> Cereal Offered Daily <b>Mini Pineapple Loaf</b> Dannon Yogurt & Granola Peanut Butter Uncrustable Bagel & Cream Cheese	<b>26</b> Cereal Offered Daily <b>Egg, Sausage, Cheese, Potato Wrap</b> Banana Pancakes Breakfast Bar Manager's Choice
<b>29</b> Cereal Offered Daily Dannon Yogurt & Granola Banana Muffin Breakfast Sausage Pizza PB & J Graham Bar	<b>30</b> Cereal Offered Daily <b>Egg &amp; Chorizo Burrito</b> Egg & Mini Bagel Ultimate Breakfast Round Breakfast Bar	<b>31</b> <b>STAFF DEVELOPMENT DAY</b>		<b>National School Lunch Week</b> <b>October 15-19</b>

Walk to school with your friends, family and teachers!

**Join us on October 10th**



**#1**  
**CHOOSE ONE ITEM**  
from the BREAKFAST BAR



**Whole Grains and/or Protein**

**#2**  
**TAKE AT LEAST ONE**  
MILK ★ JUICE ★ FRUIT



**OR ENJOY ALL THREE**  
It's your choice!  
**Don't forget to grab a FRUIT**  
or **JUICE** with every breakfast

**#3**  
**EAT NOW**  
or save in your  
**BACKPACK**



*Shine with*  
*School Breakfast!*

**Mountain View School District**

Food & Nutrition Services... Succeeding Together in Promoting healthy Nutrition and Fitness practices that will last a lifetime!

**BE A RISING STAR**

