








# October 2020 Breakfast Menu – All Levels

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b><u>Mayfield Milk Choices:</u></b></p> <p>White Skim (13)                      White 1% (13)                      Fat Free Chocolate(20)                      (No High Fructose Corn Syrup)</p>		<p>WG = Whole Grain Equivalent</p> <p>Select up to 2 offerings of fruit, fruit juice and/or vegetable choice of the day</p>	<p>Approximate grams of Carbohydrates per servings is shown in parenthesis</p> <p>WG Cereal (14-27)                      WG Post Cereal (14-27) Preschool                      WG Belly Bears (21)</p>
			October 1 <sup>st</sup>	October 2 <sup>nd</sup>
			<p><b><u>Choose one</u></b></p> <p>Cinnamon Roll(37) – Ele/Middle/High                      WG French Toast Sticks(37) - Preschool                      or                      WG Cereal, 2 oz. (MS/HS)                      WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>	<p><b><u>Choose one</u></b></p> <p>WG Chicken Biscuit(29)                      or                      WG Cereal, 2 oz. (MS/HS)                      WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>
October 5 <sup>th</sup>	October 6 <sup>th</sup>	October 7 <sup>th</sup>	October 8 <sup>th</sup>	October 9 <sup>th</sup>
<p><b><u>Choose one</u></b></p> <p>Eggo Confetti Pancakes(36)                      or                      WG Cereal, 2 oz. (MS/HS)                      WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>	<p><b><u>Choose one</u></b></p> <p>WG Sausage Biscuit(23)                      or                      WG Cereal, 2 oz. (MS/HS)                      WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>	<p><b><u>Choose one</u></b></p> <p>WG Apple Cinnamon French Toast(45) – Ele/Middle/High                      WG French Toast Sticks(37) - Preschool</p> <p>or</p> <p>WG Cereal, 2 oz. (MS/HS)                      WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>	<p><b><u>Choose one</u></b></p> <p>Twisted Blueberry Stick(24)                      or                      WG Cereal, 2 oz. (MS/HS)                      WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>	<p><i>Manager's Choice</i></p>
October 12 <sup>th</sup>	October 13 <sup>th</sup>	October 14 <sup>th</sup>	October 15 <sup>th</sup>	October 16 <sup>th</sup>
				

October 19 <sup>th</sup>	October 20 <sup>th</sup>	October 21 <sup>st</sup>	October 22 <sup>nd</sup>	October 23 <sup>rd</sup>
<p><b>Choose one</b>  WG Mini Breakfast Clusters(38) -  Ele/Middle/High  WG French Toast Sticks(37) - Preschool</p> <p>or</p> <p>WG Cereal, 2 oz. (MS/HS)  WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>	<p><b>Choose one</b>  WG Sausage Biscuit(23)  or  WG Cereal, 2 oz. (MS/HS)  WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>	<p><b>Choose one</b>  WG Apple Cinnamon French Toast(45) –  Ele/Middle/High  WG French Toast Sticks(37) - Preschool</p> <p>or</p> <p>WG Cereal, 2 oz. (MS/HS)  WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>	<p><b>Choose one</b>  Twisted Blueberry Stick(24)  or  WG Cereal, 2 oz. (MS/HS)  WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>	<p><b>Choose one</b>  WG Chicken Biscuit(29)  or  WG Cereal, 2 oz. (MS/HS)  WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>
October 26 <sup>th</sup>	October 27 <sup>th</sup>	October 28 <sup>th</sup>	October 29 <sup>th</sup>	October 30 <sup>th</sup>
<p><b>Choose one</b>  Buttery Maple Snack N' Waffle(37)  or  WG Cereal, 2 oz. (MS/HS)  WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>	<p><b>Choose one</b>  WG Sausage Biscuit(23)  or  WG Cereal, 2 oz. (MS/HS)  WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>	<p><b>Choose one</b>  Breakfast Pizza(27)  or  WG Cereal, 2 oz. (MS/HS)  WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>	<p><b>Choose one</b>  Cinnamon Roll(37) – Ele/Middle/High  WG French Toast Sticks(37) - Preschool  or  WG Cereal, 2 oz. (MS/HS)  WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>	<p><b>Choose one</b>  WG Chicken Biscuit(29)  or  WG Cereal, 2 oz. (MS/HS)  WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>