




OCTOBER

NORTHEAST HIGH BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
1 Muffins or Cereals, Assorted Fresh Fruit Yogurt, Assorted Granola Fruit Juice	2 Sausage Biscuit or Cereals, Assorted Graham Crackers Pineapple Tidbits Fruit Juice	3 Biscuits or Country Gravy Cereals, Assorted Cereal Bar Bananas Fruit Juice	4 Chocolate chip Oatmeal Bar or Cereals, Assorted Yogurt, Assorted Chilled Pears Fruit Juice	5 Biscuits W/G Cereals, Assorted Ham/ Egg/ Cheese Bar Chilled Apple Milk, Choc. Skim MILK, 1% Lowfat
8 Cereals, Assorted or Bagel Sausage Patties Applesauce Fruit Juice	9 Pancake/Sausage Stick or Cereals, Assorted Graham Crackers Orange Fruit Juice	10 Biscuits Country Gravy or Cereals, Assorted Cereal Bar Bananas Fruit Juice	11 Waffle Stix or Cereals, Assorted Cereal Bar Applesauce Fruit Juice	12 Breakfast Pizza or Cereals, Assorted Graham Crackers Fruit Cocktail Fruit Juice
15 Cereals, Assorted or Pop tart Chilled Apple Yogurt, Assorted Fruit Juice	16 Breakfast Burrito or Cereals, Assorted Tri -Tators Orange Fruit Juice	17 Biscuits or Country Gravy Cereals, Assorted Cereal Bar Bananas Fruit Juice	18 Dutch Waffle or Cereals, Assorted Graham Crackers Fresh Fruit Fruit Juice	19 Chicken Biscuit or Cereals, Assorted Peaches Fruit Juice
22 Cereals, Assorted or Uncrustable P.B.J Chilled Pears Fruit Juice Yogurt, Assorted	23 N. E. Coffee Cake or Cereals, Assorted Yogurt, Assorted Applesauce Fruit Juice	24 Biscuits or Country Gravy Cereals, Assorted Cereal Bar Bananas Fruit Juice	25 Cinn Swirl French Toast or Cereals, Assorted Sausage Links Fruit Cocktail Fruit Juice	26 Powered Mini Donuts or Cereals, Assorted Fresh Fruit Fruit Juice Yogurt, Assorted
29 Brkfst Sliders or Cereals, Assorted Fresh Fruit Fruit Juice	30 Breakfast Bake Cereals, Assorted Fresh Fruit Milk, Choc. Skim MILK, 1% Lowfat	31 Biscuits or Country Gravy Cereals, Assorted Cereal Bar Bananas Fruit Juice	2nd chance breakfast served after 1st period daily.	

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