



OCTOBER 2023

K-12 BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Peach and Granola Yogurt Parfait Assorted Cereal Graham Crackers ½ c Fruit Choice ½ c Juice Choice 1c Milk</p>	<p>3 Veggie Breakfast Bowl/w Biscuit Assorted Cereal Graham Crackers ½ c Fruit Choice ½ c Juice Choice 1c Milk</p>	<p>4 Biscuit/w Sausage Gravy Assorted Cereal Graham Crackers ½ c Fruit Choice ½ c Juice Choice 1c Milk</p>	<p>5 Egg and Cheese Burrito Assorted Cereal Graham Crackers ½ c Fruit Choice ½ c Juice Choice 1c Milk</p>	<p>6 Blueberry Overnight Oats Assorted Cereal Graham Crackers ½ c Fruit Choice ½ c Juice Choice 1c Milk</p>
<p>9 <i>Indigenous Peoples Day</i> <u>No School</u></p>	<p>10 Breakfast Bento Box Assorted Cereal Graham Crackers ½ c Fruit Choice ½ c Juice Choice 1c Milk</p>	<p>11 Apple Muffins Assorted Cereal Graham Crackers ½ c Fruit Choice ½ c Juice Choice 1c Milk</p>	<p>12 Donut Ring Assorted Cereal Graham Crackers ½ c Fruit Choice ½ c Juice Choice 1c Milk</p>	<p>13 Breakfast Nachos Assorted Cereal Graham Crackers ½ c Fruit Choice ½ c Juice Choice 1c Milk</p>
<p>16 Egg and Cheese Biscuit Sandwich Assorted Cereal Graham Crackers ½ c Fruit Choice ½ c Juice Choice 1c Milk</p>	<p>17 Western Scramble Assorted Cereal Graham Crackers ½ c Fruit Choice ½ c Juice Choice 1c Milk</p>	<p>18 Frosted Cinnamon Rolls Assorted Cereal Graham Crackers ½ c Fruit Choice ½ c Juice Choice 1c Milk</p>	<p>19 Breakfast Tater Tot Nachos Assorted Cereal Graham Crackers ½ c Fruit Choice ½ c Juice Choice 1c Milk</p>	<p>20 French Toast Sticks Assorted Cereal Graham Crackers ½ c Fruit Choice ½ c Juice Choice 1c Milk</p>
<p>23 Strawberry and Granola Yogurt Parfait Assorted Cereal Graham Crackers ½ c Fruit Choice ½ c Juice Choice 1c Milk</p>	<p>24 Veggie Breakfast Bowl/w Biscuit Assorted Cereal Graham Crackers ½ c Fruit Choice ½ c Juice Choice 1c Milk</p>	<p>25 Blueberry Overnight Oats Assorted Cereal Graham Crackers ½ c Fruit Choice ½ c Juice Choice 1c Milk</p>	<p>26 Egg and Cheese Burrito Assorted Cereal Graham Crackers ½ c Fruit Choice ½ c Juice Choice 1c Milk</p>	<p>27 Berry Muffin Trifle Assorted Cereal Graham Crackers ½ c Fruit Choice ½ c Juice Choice 1c Milk</p>
<p>30 Donut Ring Assorted Cereal Graham Crackers ½ c Fruit Choice ½ c Juice Choice 1c Milk</p>	<p>31 Bage/w Cream Cheese Assorted Cereal Graham Crackers ½ c Fruit Choice ½ c Juice Choice 1c Milk</p>			<p>Choose MyPlate.gov</p>

NUTRITION BAR

Included with your meal and offered daily.
Choose from a variety of fresh fruits or vegetables.

For questions and comments, please email the Food Service Director at Mark.House@k12byelior.com

ELIOR NORTH AMERICA

This institution is an equal opportunity provider