

OCTOBER

PSN BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	<ul style="list-style-type: none"> HOT Turkey, Cheddar Cheese, and Omelet Gordita Cheerios (DF) Yogurt with Cinnamon Grahams 	<ul style="list-style-type: none"> HOT Mini Cheese Omelet with French Toast Stick (VG) Breakfast Cinnamon Crumble BlueberryBurst Whole Grain Bagel with Cream Cheese 	<ul style="list-style-type: none"> HOT Rise & Shine Breakfast Burrito (Egg & Cheese) (VG) Banana Muffin Granola Bowl (DF) 	<ul style="list-style-type: none"> Plain Whole Wheat Bagel with Cream Cheese Yogurt with Educational Snacks
7	8	9	10	11
<ul style="list-style-type: none"> Granola Bowl (DF) Multigrain Cheerios (DF) 	<ul style="list-style-type: none"> HOT Cornbread & Egg Omelet (VG) Blueberry Muffin Plain Whole Wheat Bagel with Cream Cheese 	<ul style="list-style-type: none"> HOT Pancakes with Syrup (VG) Corn Chex (DF) Breakfast Cinnamon Crumble 	<ul style="list-style-type: none"> HOT Classic Chicken Sausage and Cheddar Bagel Sandwich Yogurt with Granola String Cheese with Cinnamon Grahams 	<ul style="list-style-type: none"> BlueberryBurst Whole Grain Bagel with Cream Cheese Cheerios (DF)
14	15	16	17	18
<ul style="list-style-type: none"> Yogurt with Granola Corn Chex (DF) 	<ul style="list-style-type: none"> String Cheese with Cinnamon Grahams Multigrain Cheerios (DF) 	<ul style="list-style-type: none"> HOT Cheddar Cheese and Omelet Gordita (VG) Autumn Spice Muffin Yogurt with HONEY Grahams 	<ul style="list-style-type: none"> HOT Classic Egg and Cheese Brekwich (English Muffin) (VG) Plain Whole Wheat Bagel with Cream Cheese Lemon Muffin 	<ul style="list-style-type: none"> Blueberry Muffin Corn Chex (DF)
21	22	23	24	25
<ul style="list-style-type: none"> Yogurt with Educational Snacks Cheerios (DF) 	<ul style="list-style-type: none"> HOT French Toast Sticks (VG) Blueberry Muffin String Cheese with Cinnamon Grahams 	<ul style="list-style-type: none"> HOT Sausage & Cheddar Biscuit FW Plain Whole Wheat Bagel with Cream Cheese Yogurt with HONEY Grahams 	<ul style="list-style-type: none"> HOT Pancakes with Syrup (VG) Breakfast Cinnamon Crumble Corn Chex (DF) 	<ul style="list-style-type: none"> BlueberryBurst Whole Grain Bagel with Cream Cheese Banana Muffin
28	29	30	31	
<ul style="list-style-type: none"> Corn Chex (DF) String Cheese with Cinnamon Grahams 	<ul style="list-style-type: none"> HOT Turkey, Egg and Cheese Brekwich (English Muffin) Plain Whole Wheat Bagel with Cream Cheese Lemon Muffin 	<ul style="list-style-type: none"> HOT Cornbread & Egg Omelet (VG) Yogurt with Granola Breakfast Cinnamon Crumble 	<ul style="list-style-type: none"> HOT French Toast Sticks (VG) Cheerios (DF) COLD Pancake Bowl Strawberry (VG) 	

Did you know?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and tein! Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

revolution foods.

This institution is an equal opportunity vider. All grains offered are whole-grain rich.

BREAKFAST: choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered.

STUDENT FAVORITE ★