

# St. Theodore Breakfast Menu

## For October 2023

“The USDA is an equal opportunity provider and employer”

Menu Items May Change Depending On Availability



BREAKFAST TIME!



**MON**

**TUES**

**WED**

**THURS**

**FRI**

<b>2</b> Cereal choice/Sausage-egg-cheese breakfast sandwich on WG biscuit/Hash brown patty/Yogurt/Fruit cup/2nd Fruit Choice/Milk	<b>3</b> Cereal choice/Breakfast bar/Cheese stick or cubes/Fruit cup/100% Fruit juice/Milk	<b>4</b> Cereal choice/Toasted English muffin/Warm hard boiled egg/Fruit cup/2nd Fruit choice/Milk	<b>5</b> Cereal choice/Sweet roll/Yogurt/Fruit cup/100% Fruit juice/Milk	<b>6</b> Cereal choice/Pancakes w/ syrup/Canadian bacon/Fruit cup/2nd Fruit choice/Milk
<b>9</b> Cereal choice/breakfast bar/Yogurt/Fruit cup/100% Fruit juice/Milk	<b>10</b> Cereal choice/Scrambled eggs/Roasted potatoes/Toast/Fruit cup/2nd Fruit choice/Milk	<b>11</b> Cereal choice/English muffin/Cheese sticks or cubes/100% Fruit juice/Milk	<b>12</b> Cereal choice/Hard boiled egg/Applesauce bread/Yogurt/Fruit cup/2nd Fruit choice/Milk	<b>13 No School</b> <b>Parent/Teacher Conferences</b>
<b>16</b> Cereal choice/Sweet roll/Cheese sticks or cubes/Fruit cup/100% fruit juice/Milk	<b>17</b> Cereal choice/Sausage, egg, & cheese breakfast tornado burrito/Yogurt/Fruit cup/2nd Fruit choice/Milk	<b>18</b> Cereal choice/Bagels/Hard boiled egg/Fruit cup/2nd fruit choice/Milk	<b>19 No School</b> <b>MEA</b>	<b>20 No School</b> <b>MEA</b>
<b>23 No School</b> <b>Staff Day</b>	<b>24</b> Cereal Choice/Muffin/Yogurt/Fruit cup/2nd Fruit choice/Milk	<b>25</b> Cereal choice/Breakfast bar/Yogurt/Cheese sticks or cubes/Fruit cup/100% Fruit juice/ Milk	<b>26</b> Cereal choice/Scrambled egg/Sausage patty/Toast/Fruit cup/2nd Fruit choice/Milk	<b>27</b> Cereal choice/Canadian bacon-egg-cheese breakfast sandwich on WG biscuit/Yogurt/Fruit cup/100%Fruit juice/Milk
<b>30</b> Cereal choice/Bagel/Hard boiled eggs/Yogurt/Fruit cup/2nd Fruit choice/Milk	<b>31</b> Cereal choice/Sweet roll/Cheese sticks or cubes/Fruit cup/100% Fruit juice/Milk			Breakfast is served from 7:45am-8:10am WG = Whole Grain