



OCTOBER BREAKFAST MENU

BUENA VISTA CITY SCHOOLS



CEREAL IS OFFERED DAILY

Monday	Tuesday	Wednesday	Thursday	Friday
3 BREAKFAST PIZZA FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	4 STRAWBERRY BAGEL FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	5 BACON BISCUIT FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	6 DONUT & YOGURT FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	7 FRENCH TOAST W/ SAUSAGE FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK
10 PANCAKES FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	11 MUFFIN & YOGURT FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	12 BISCUITS & GRAVY FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	13 FRUIT PARFAIT FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	14 SCRAMBLED EGGS W/ BISCUIT FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK
17 SAUSAGE BISCUIT FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	18 CHICKEN & WAFFLES FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	19 BREAKFAST ON A STICK FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	20 EGG OMELETTE & BISCUIT FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	21 NO SCHOOL
24 OATMEAL W/ STRING CHEESE FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	25 CHICKEN BISCUIT FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	26 EGG PATTY W/ CHEESE TOAST FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	27 BREAKFAST BANANA SPLIT FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	28 NO SCHOOL
31 BREAKFAST PIZZA FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	1 DONUT & YOGURT FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	2 STRAWBERRY BAGEL FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	3 FRENCH TOAST W/ SAUSAGE FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	4 BACON BISCUIT FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

IF YOU HAVE ANY QUESTIONS PLEASE CALL OUR NUTRITION DEPARTMENT AT 540-261-3352