



OCTOBER BREAKFAST MENU BUENA VISTA CITY SCHOOLS

PRE SCHOOL



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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

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