



OCTOBER 2023 BREAKFAST MENU BUENA VISTA CITY PUBLIC SCHOOLS



MENU SUBJECT TO CHANGE
CEREAL OFFERED DAILY

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
CHERRY FRUDEL FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	SAUSAGE BISCUIT FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	STRAWBERRY BAGEL FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	EGG & CHEESE OMELETTE W/ CROISSANT FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	CINNAMON CHIP SCONE FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK
9	10	11	12	13
CHICKEN AND WAFFLES FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	BREAKFAST STICK FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	MUFFIN & YOGURT FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	SCRAMBLED EGGS W/ BISCUIT FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	SLICE OF BLUEBERRY BREAD FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK
16	17	18	19	20
BREAKFAST PIZZA FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	CHICKEN BISCUIT FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	SLICE OF BANANA BREAD FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	FRIED EGG PATTY W/ CROISSANT FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	FRENCH TOAST W/ SAUSAGE PATTY FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK
23	24	25	26	27
NO SCHOOL	CINNAMON BAGEL FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	DONUT & YOGURT FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	EGG, SAUSAGE & CHEESE TACO FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	MIXED BERRY SCONE FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK
30	31	1	2	3
PANCAKES FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	SLICE OF PUMPKIN BREAD FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	CINNAMON ROLL FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	EGG & BACON WRAP FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK	BISCUIT & GRAVY 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