

# Shikellamy October Breakfast Menu



Shikellamy  
School District

### What Makes a Breakfast Meal ?

You may choose at least 3 out of 4 components available for the school breakfast

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

Variety of Fresh Fruit, 100% Fruit Juice and

Canned Fruits available daily.



MENUS SUBJECT TO CHANGE



1% White Milk Served Daily 13

Fat Free Milk

Fat Free Chocolate 20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			<u>10/1</u> Mini Waffles 35 Or Cereal w/crackers Assorted Fruit Assorted Juice	<u>10/2</u> French Toast Sticks 39 Or Cereal w/crackers Assorted Fruit Assorted Juice	
<u>10/5</u> Breakfast Pizza 24 Or Cereal w/crackers Assorted Fruit Assorted Juice Milk	<u>10/6</u> Ultra Cinnamon Bun 37 Or Cereal w/crackers Assorted Fruit Assorted Juice Milk	<u>10/7</u> Banana Bread 45 Or Cereal w/crackers Assorted Fruit Assorted Juice Milk	<u>10/8</u> Benefit Bar 48 Or Cereal w/crackers Assorted Fruit Assorted Juice Milk	<u>10/9</u> Breakfast Sandwich 25 Or Cereal w/crackers Assorted Fruit Assorted Juice Milk	
<u>10/12</u> Mini French Toast 37 Or Cereal w/crackers Assorted Fruit Assorted Juice Milk	<u>10/13</u> Sausage Biscuit 28 Or Cereal w/crackers Assorted Fruit Assorted Juice Milk	<u>10/14</u> Dutch Waffle 43 Or Cereal w/crackers Assorted Fruit Assorted Juice Milk	<u>10/15</u> Mini Waffles 35 Or Cereal w/crackers Assorted Fruit Assorted Juice Milk	<u>10/16</u> Benefit Bar 48 Or Cereal w/crackers Assorted Fruit Assorted Juice Milk	Apple 22 Orange 21 Banana 29 Strawberry Cup 22 Peach Cup 19 Applesauce Cup 19
<u>10/19</u> Dutch Waffle 43 Or Cereal w/crackers Assorted Fruit Assorted Juice Milk	<u>10/20</u> Breakfast Sandwich on Bagel 54 Or Cereal w/crackers Assorted Fruit Assorted Juice Milk	<u>10/21</u> Breakfast Pizza 24 Or Cereal w/crackers Assorted Fruit Assorted Juice Milk	<u>10/22</u> Chicken Biscuit 35 Or Cereal w/crackers Assorted Fruit Assorted Juice Milk	<u>10/23</u> Soft Filled Coco Puff Bar 43 Or Cereal w/crackers Assorted Fruit Assorted Juice Milk	Apple Juice 14 Grape Juice 19 Orange Juice 14 Pineapple Juice 16 Fruit Punch 14
<u>10/26</u> Mini French Toast 37 Or Cereal w/crackers Assorted Fruit Assorted Juice Milk	<u>10/27</u> Benefit Bar 48 Or Cereal w/crackers Assorted Fruit Assorted Juice Milk	<u>10/28</u> Super Donut 29 Or Cereal w/crackers Assorted Fruit Assorted Juice Milk	<u>10/29</u> Mini Waffles 35 Or Cereal w/crackers Assorted Fruit Assorted Juice Milk	<u>10/30</u> <b>Teacher In-Service-No School</b>	Cheerios 21 Honey Nut Cheerios 23 Corn Flakes 18 Chex 24 Rice Krispies 23 Graham Crackers (2 Pks) 22