October: *Breakfast Menu*

Salem High School, New Liberty & Prep

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			10/1 Choice of: Sausage, Egg, and Cheese on WW Croissant Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk	**10/2** Choice of: Strawberry Banana Smoothie & Graham Crackers or Whole Grain Muffin Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk
10/5 Choice of: WG Donut Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk	**10/6** Choice of: Sausage, Egg, and Cheese on WW English Muffin Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk	**10/7** Choice of: Egg and Cheese Stuffed Hashbrown, Assorted Muffins Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk	**10/8** Choice of: Waffle or Pancake with Syrup Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk	**10/9** Choice of: Mango Pineapple Smoothie & Graham Crackers or Whole Grain Muffin Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk
10/12 No School	**10/13** Choice of: Sausage, Egg, and Cheese on WW Croissant Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk	**10/14** Choice of: Waffle or Pancake with Syrup Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk	**10/15** Choice of: Acai Bowl with Chocolate Chips, Granola or Toasted Coconut Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk	**10/16** Choice of: Strawberry Banana Smoothie & Graham Crackers or Whole Grain Muffin Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk
10/19 Choice of: Avocado Toast with Scrambled Eggs w/ WGR Toast Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk	**10/20** Choice of: Sausage, Egg, and Cheese on WW English Muffin Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk	**10/21** Choice of: Bagels with Cream Cheese Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk	**10/22** Choice of: Egg & Cheese Wake-Up Wrap on WW Tortilla Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk	**10/23** Choice of: Mango Pineapple Smoothie & Graham Crackers or Whole Grain Muffin Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk
10/26 Choice of: Southwest Avocado Toast Avocado on WGR Toast with Scrambled Eggs and Black Bean & Corn Salsa Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk	**10/27** Choice of: Sausage, Egg, and Cheese on WW English Muffin Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk	**10/28** Choice of: Acai Bowl with Chocolate Chips, Granola or Toasted Coconut Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk	**10/29** Choice of: Sausage, Egg, and Cheese on WW English Muffin Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk	**10/30** Choice of: Strawberry Banana Smoothie & Graham Crackers or Whole Grain Muffin Assorted Cereals Yogurt Parfait Breakfast Bar Variety Assorted Fruit Juice, Milk

This institution is a equal Opportunity Provider. Please Note: If you have a food allergy please advise your kitchen manager

NATIONAL FARM to SCHOOL MONTH

SALEM PUBLIC SCHOOLS
Where belonging leads to opportunity.