

## USD 409 Atchison Public Schools October 2018 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
10/1/18	10/2/18	10/3/18	10/4/18	10/5/18
Whole Grain Pop tart OR Cereal & WG Toast Juice Grapes	WG Pancakes OR Cereal & WG Toast Apple Wedges Peaches	Whole Grain Biscuit Sausage Pattie OR Cereal & WG Toast Raisins Mango	Chicken Pattie Or Dry Cereal Cinnamon OR Plain Toast Honey Dew Mixed Fruit	WG Variety Breads OR Cereal & WG Toast Blueberries Additional Fruit
10/8/18	10/9/18	10/10/18	10/11/18	10/12/18
WG Sausage Wrap OR Cereal & WG Toast Apple Wedges Dried Cranberries	WG French Toast Sticks OR Cereal & WG Toast Grapefruit Juice	Whole Grain Biscuit Chicken Pattie OR Cereal & WG Toast Kiwi Peaches	Egg Pattie Or Dry Cereal Cinnamon OR Plain Toast Two Fruit Choices	NO SCHOOL
10/15/18	10/16/18	10/17/18	10/18/18	10/19/18
NO SCHOOL	WG Waffles OR Cereal & WG Toast Apple Wedges Raisins	Whole Grain Biscuit Egg Pattie OR Cereal & WG Toast Cantaloupe Applesauce	Sausage Pattie Or Dry Cereal Cinnamon OR Plain Toast Grapefruit Pineapple	Yogurt & Granola OR Cereal & Toast Juice Additional Fruit
10/22/18	10/23/18	10/24/18	10/25/18	10/26/18
Whole Grain Pizza OR Cereal & WG Toast Apple Wedges Peaches	WG French Toast Sticks OR Cereal & WG Toast Grapes Pears	Whole Grain Biscuit Gravy OR Cereal & WG Toast Blueberries Tropical Fruit	Egg Pattie Or Dry Cereal Cinnamon OR Plain Toast Juice Warm Cinnamon Apples	Whole Grain Donuts OR Cereal & WG Toast Mango Additional Fruit
10/29/18	10/30/18	10/31/18	11/1/18	11/2/18
Whole Grain Bagel OR Cereal & WG Toast Kiwi Juice	WG Pancakes OR Cereal & WG Toast Fresh Pear Raisins	Whole Grain Biscuit Sausage Pattie OR Cereal & WG Toast Grapefruit Fruit Cocktail	Chicken Pattie OR Dry Cereal Cinnamon OR Plain Toast Banana Pineapple	WG Coffee Cake OR Cereal & Toast Applesauce Additional Fruit

A Carton of milk is included with each meal.

This institution is an equal opportunity provider.