

USD 409 Atchison High School 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 WG Crescent OR Cereal & WG Toast Juice Grapes	WG French Toast Sticks OR Waffles OR Pancakes OR Cereal & WG Toast Apple Wedges Peaches	Chose 1 Grain: Whole Grain Biscuit Whole Grain Toast Chose 1 Meat: Chicken, Egg, OR Sausage Pattie Raisins, Mango	Chose 1 Grain: Whole Grain Biscuit Whole Grain Toast Chose 1 Meat: Chicken, Egg, OR Sausage Pattie Honeydew, 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 WG Pizza OR Cereal & WG Toast Apple Wedges Dried Cranberries	WG French Toast Sticks OR Waffles OR Pancakes OR Cereal & WG Toast Grapefruit Juice	Chose 1 Grain: Whole Grain Biscuit Whole Grain Toast Chose 1 Meat: Chicken, Egg, OR Sausage Pattie Kiwi, Peaches	Chose 1 Grain: Whole Grain Biscuit Whole Grain Toast Chose 1 Meat: Chicken, Egg, OR Sausage Pattie Fruit Choices	NO SCHOOL
10/15/18	10/16/18	10/17/18	10/18/18	10/19/18
NO SCHOOL	WG French Toast Sticks OR Waffles OR Pancakes OR Cereal & WG Toast Apple Wedges Raisins	Chose 1 Grain: Whole Grain Biscuit Whole Grain Toast Chose 1 Meat: Chicken, Egg, OR Sausage Pattie Cantaloupe, Fruit	Chose 1 Grain: Whole Grain Biscuit Whole Grain Toast Chose 1 Meat: Chicken, Egg, OR Sausage Pattie Grapefruit, Pineapple	Yogurt & Granola OR WG Donuts 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 WG Sausage Wrap OR Cereal & WG Toast Apple Wedges Peaches	WG French Toast Sticks OR Waffles OR Pancakes OR Cereal & WG Toast Grapes Pears	Chose 1 Grain: Whole Grain Biscuit Whole Grain Toast Chose 1 Meat: Chicken, Egg, OR Sausage Pattie Blueberries, Tropical	Chose 1 Grain: Whole Grain Biscuit Whole Grain Toast Chose 1 Meat: Chicken, Egg, OR Sausage Pattie Juice, Warm Cinnamon Apples	Yogurt & Granola OR WG Donuts OR Cereal & Toast Mango Additional Fruit
10/29/18	10/30/18	10/31/18	11/1/18	11/2/18
Whole Grain Bagel OR WG Frudel OR Cereal & WG Toast Kiwi Juice	WG French Toast Sticks OR Waffles OR Pancakes OR Cereal & WG Toast Fresh Pear Raisins	Chose 1 Grain: Whole Grain Biscuit Whole Grain Toast Chose 1 Meat: Chicken, Egg, OR Sausage Pattie Grapefruit, Fruit Cocktail	Chose 1 Grain: Whole Grain Biscuit Whole Grain Toast Chose 1 Meat: Chicken, Egg, OR Sausage Pattie Banana, Pineapple	WG Coffee Cake OR WG Variety Bread OR Cereal & Toast Applesauce Additional Fruit

A Carton of milk is included with each meal.

This institution is an equal opportunity provider.