

October 2018

EVERGREEN K-8

BREAKFAST



Monday

Tuesday

Wednesday

Thursday

Friday

Cereal
Oatmeal Strawberry Bars **1**
Fruit
Milk

Fruit Parfait: Grahams & **2**
Yogurt
Strawberries
Juice
Milk

Breakfast Pizza **3**
Teddy Grahams
Fruit
Milk

Cereal **4**
WW Toast
Fruit
Juice
Milk

Apple Oatmeal **5**
Blueberry Muffins
Fruit
Milk

Blueberry Bagels w/
Cream Cheese & Jelly **8**
Fruit
Milk

Breakfast Burrito **9**
Teddy Grahams
Fruit
Milk

Star Spangled Pancakes **10**
w/ Flavored Yogurt &
Strawberries
Fruit
Milk

Cereal **11**
Mini Donuts
Fruit
Juice
Milk

Breakfast Sandwich: **12**
English Muffin w/ Sausage
Patty & Cheese
Fruit
Milk

Granola **15**
Flavored Yogurt
Fruit
Craisins
Milk

French Toast w/ Syrup **16**
Fruit
Juice
Milk

Pumpkin Muffins **17**
Cheese Sticks
Fruit
Milk

18
NO SCHOOL!!!

19
NO SCHOOL!!!

Oat CC Bar **22**
Cereal
Fruit
Milk

Fruit Strudel **23**
Boiled Eggs or
Cheese Sticks
Fruit/ Juice
Milk

Pancakes w/ Syrup **24**
Sausages
Fruit
Milk

Breakfast Pita w/ Eggs & **25**
Cheese
Gogurt
Fruit/ Juice
Milk

Cereal **26**
Banana Bread
Fruit
Milk

Cereal **29**
Pop Tarts
Fruit
Milk

Waffles w/ Syrup **30**
Fruit
Juice
Milk

Biscuits & Sausage Gravy **31**
Crittter Munch (6-8th only)
Fruit
Milk

