



# October

2019

## Elm Middle School Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p><b>Special News...</b></p>  <p>Check balances electronically</p> <p>-----</p> <p>Receive low balance alerts</p> <p>-----</p> <p>Set up automatic payments</p> <p>-----</p> <p>Download the app or login from the District homepage!</p> <p><small>Menus are subject to change without notice.</small></p>
	<p><b>1</b></p> <p>Strawberry Cream Cheese Bagel Pineapple Yogurt Parfait</p> <p>Blueberry Muffin Golden Grahams Cereal Bar</p> <p>Apple Cantaloupe Fruit Juice</p>	<p><b>2</b></p> <p>Strawberry Splash Pancakes w/ Syrup</p> <p>Banana Muffin Cocoa Puff Cereal Bar String Cheese</p> <p>Apple Watermelon Orange Juice</p>	<p><b>3</b></p> <p>Egg &amp; Cheese Biscuit</p> <p>Apple Cinnamon Muffin Cinn Toast Crunch Cereal Bar</p> <p>Apple Banana Fruit Juice</p>	<p><b>4</b> Donut Friday</p> <p>Vanilla Glazed Donut</p> <p>Chocolate Muffin Fruity Cheerios Cereal Bar String Cheese</p> <p>Apple Grapes Apple Juice</p>	
<p><b>7</b> Manic Monday</p> <p>French Toast Crunch Mania</p> <p>Chocolate Muffin Strawberry Cheerios Cereal Bar String Cheese</p> <p>Apple Orange Apple Juice</p>	<p><b>8</b></p> <p>Sausage, Egg &amp; Cheese SDW Pineapple Yogurt Parfait</p> <p>Blueberry Muffin Golden Grahams Cereal Bar</p> <p>Apple Mandarin Oranges Fruit Juice</p>	<p><b>9</b></p> <p>Mini Cinni Roll</p> <p>Chocolate Muffin Cocoa Puff Cereal Bar String Cheese</p> <p>Apple Watermelon Orange Juice</p>	<p><b>10</b> French Toast Sticks w/ Syrup Mandarin Orange Yogurt Parfait</p> <p>Apple Cinnamon Muffin Cinn Toast Crunch Cereal Bar</p> <p>Plum Banana Fruit Juice</p>	<p><b>11</b> Donut Friday</p> <p>Maple Glazed Donut</p> <p>Banana Muffin Fruity Cheerios Cereal Bar String Cheese</p> <p>Apple Grapes Apple Juice</p>	
<p><b>14</b> Columbus Day</p> <p><i>No School</i></p>	<p><b>15</b></p> <p>Cherry Frudel Pineapple Yogurt Parfait</p> <p>Fudge Poptart Golden Grahams Cereal Bar</p> <p>Apple Mandarin Oranges Fruit Juice</p>	<p><b>16</b></p> <p>Chocolate Crescent Roll</p> <p>Strawberry Poptart Cocoa Puff Cereal Bar String Cheese or Yogurt</p> <p>Apple Watermelon Orange Juice</p>	<p><b>17</b></p> <p>Apple Frudel Mandarin Orange Yogurt Parfait</p> <p>Fudge Poptart Cinn Toast Crunch Cereal Bar</p> <p>Plum Banana Fruit Juice</p>	<p><b>18</b> Donut Friday</p> <p>Chocolate Glazed Donut</p> <p>Strawberry Poptart Frozen Cinnamon Grahams String Cheese</p> <p>Apple Grapes Apple Juice</p>	
<p><b>21</b> Manic Monday</p> <p>Cinnamon Bun Crunch Mania</p> <p>Blueberry Muffin Strawberry Cheerios Cereal Bar String Cheese</p> <p>Apple Orange Apple Juice</p>	<p><b>22</b></p> <p>Egg &amp; Cheese Biscuit Pineapple Yogurt Parfait</p> <p>Banana Muffin Golden Grahams Cereal Bar</p> <p>Apple Mandarin Oranges Fruit Juice</p>	<p><b>23</b></p> <p>Cinn Cream Cheese Bagel</p> <p>Apple Cinnamon Muffin Cocoa Puff Cereal Bar String Cheese</p> <p>Apple Watermelon Orange Juice</p>	<p><b>24</b></p> <p>Confetti Pancakes w/ Syrup Mandarin Orange Yogurt Parfait</p> <p>Chocolate Muffin Cinn Toast Crunch Cereal Bar</p> <p>Plum Banana Fruit Juice</p>	<p><b>25</b> Donut Friday</p> <p>Powdered Sugar Donut</p> <p>Blueberry Muffin Fruity Cheerios Cereal Bar String Cheese</p> <p>Apple Grapes Apple Juice</p>	
<p><b>28</b></p> <p>Cinnamon Crunch Bagel</p> <p>Strawberry Poptart Strawberry Cheerios Cereal Bar String Cheese</p> <p>Apple Orange Apple Juice</p>	<p><b>29</b></p> <p>Mini Cinni Roll Pineapple Yogurt Parfait</p> <p>Fudge Poptart Golden Grahams Cereal Bar</p> <p>Apple Mandarin Oranges Fruit Juice</p>	<p><b>30</b></p> <p>Sausage, Egg &amp; Cheese Bagel</p> <p>Strawberry Poptart Cocoa Puff Cereal Bar String Cheese</p> <p>Apple Watermelon Orange Juice</p>	<p><b>31</b> Halloween</p> <p>Egg &amp; Cheese Bagel Mandarin Orange Yogurt Parfait</p> <p>Fudge Poptart Cinn Toast Crunch Cereal Bar</p> <p>Plum Banana Fruit Juice</p>	<p><b>1</b> Donut Friday</p> <p>Cinnamon Sugar Donut</p> <p>Strawberry Poptart Fruity Cheerios Cereal Bar String Cheese</p> <p>Apple Grapes Apple Juice</p>	

### Got Cereal?

Cereal bars are available at all three breakfasts! Be sure to check out or 2<sup>nd</sup> and 3<sup>rd</sup> breakfast carts between classes.

### Breakfast Price

Paid: \$1.25  
Reduced: \$0.30  
Milk: \$0.50



This institution is an equal opportunity provider.