



# Elmwood Park High School Breakfast

October 2019

**30**

Cinnamon Toast Crunch Pastry  
Pineapple Yogurt Parfait

Chocolate Chip Muffin  
Cocoa Puff Cereal  
Fruity Cheerios Cereal Bar  
String Cheese

Apple  
Orange  
Apple Juice

**1**

Strawberry Cream  
Cheese Bagel  
Mandarin Orange Yogurt Parfait

Blueberry Muffin  
Honey Nut Cheerios  
Cinn Toast Crunch Cereal Bar  
String Cheese

Apple  
Pineapple  
Fruit Juice

**2**

Strawberry Splash  
Pancakes w/ Syrup  
Peach Yogurt Parfait

Banana Muffin  
Lucky Charms  
Cocoa Puff Cereal Bar  
String Cheese

Apple  
Watermelon  
Orange Juice

**3**

Egg & Cheese  
Biscuit  
Mandarin Orange Yogurt Parfait

Apple Cinnamon Muffin  
Honey Nut Cheerios  
Cinn Toast Crunch Cereal Bar  
String Cheese

Banana  
Raisins  
Fruit Juice

**4** Donut Friday

Vanilla Glazed Donut  
Pineapple Yogurt Parfait

Chocolate Muffin  
Cinn Toast Crunch Cereal  
Fruity Cheerios Cereal Bar  
String Cheese

Apple  
Banana  
Apple Juice

**7** Bonus Entree

Sausage Breakfast Pizza  
Pineapple Yogurt Parfait  
Apple Peanut Butter Pack w/  
Cinnamon Biscuit

Fudge Poptart  
Cocoa Puff Cereal  
Fruity Cheerios Cereal Bar  
String Cheese

Apple  
Orange  
Apple Juice

**8**

Cinnamon French Toast w/ Syrup  
Mandarin Orange Yogurt Parfait

Strawberry Poptart  
Golden Grahams Cereal  
Cinn Tst Crunch Cereal Bar  
String Cheese

Apple  
Pineapple  
Fruit Juice

**9**

Egg & Cheese Muffin Melt  
Peach Yogurt Parfait

Fudge Poptart  
Lucky Charms Cereal  
Cocoa Puff Cereal Bar  
String Cheese

Crispy Hashbrown  
Watermelon  
Orange Juice

**10**

Maple Waffles w/ Syrup  
Mandarin Orange Yogurt Parfait

Strawberry Poptart  
Golden Grahams Cereal  
Cinn Tst Crunch Cereal Bar  
String Cheese

Banana  
Raisins  
Fruit Juice

**11** Donut Friday

Maple Glazed Donut  
Pineapple Yogurt Parfait

Fudge Poptart  
Cocoa Puff Cereal  
Golden Graham Cereal Bar  
String Cheese

Banana  
Grapes  
Apple Juice

**14**

*No  
School*

**15**

Confetti Pancakes w/ Syrup  
Mandarin Orange Yogurt Parfait

Strawberry Poptart  
Golden Grahams  
Cinn Tst Crunch Cereal Bar  
String Cheese

Apple  
Pineapple  
Fruit Juice

**16**

Egg & Cheese Bagel Melt  
Peach Yogurt Parfait

Fudge Poptart  
Lucky Charms Cereal  
Cocoa Puff Cereal Bar  
String Cheese

Crispy Hashbrown  
Watermelon  
Orange Juice

**17**

Strawberry Cream Cheese  
Bagel  
Mandarin Orange Yogurt Parfait

Strawberry Poptart  
Golden Grahams Cereal  
Cinn Tst Crunch Cereal Bar  
String Cheese

Banana  
Raisins  
Fruit Juice

**18** Donut Friday

Chocolate Glazed Donut  
Pineapple Yogurt Parfait

Fudge Poptart  
Cocoa Puff Cereal  
Golden Graham Cereal Bar  
String Cheese

Banana  
Grapes  
Apple Juice

**21**

French Toast Crunch Mania  
Pineapple Yogurt Parfait

Chocolate Chip Muffin  
Cocoa Puff Cereal  
Fruity Cheerios Cereal Bar  
String Cheese

Apple  
Orange  
Apple Juice

**22** Bonus Entree

Berry French Toast w/ Syrup  
Mandarin Orange Yogurt Parfait  
Apple Peanut Butter Pack w/  
Bagel

Blueberry Muffin  
Golden Grahams  
Cinn Tst Crunch Cereal Bar  
String Cheese

Apple  
Pineapple  
Fruit Juice

**23**

Sausage & Cheese Biscuit Melt  
Peach Yogurt Parfait

Apple Cinnamon Muffin  
Lucky Charms Cereal  
Cocoa Puff Cereal Bar  
String Cheese

Crispy Hashbrown  
Watermelon  
Orange Juice

**24**

Strawberry Splash Pancakes w/  
Syrup  
Mandarin Orange Yogurt Parfait

Banana Muffin  
Golden Grahams Cereal  
Cinn Tst Crunch Cereal Bar  
String Cheese

Banana  
Raisins  
Fruit Juice

**25** Donut Friday

Powdered Sugar Donut  
Pineapple Yogurt Parfait

Chocolate Chip Muffin  
Cocoa Puff Cereal  
Golden Graham Cereal Bar  
String Cheese

Banana  
Grapes  
Apple Juice

**28**

Apple Frudel  
Pineapple Yogurt Parfait

Blueberry Poptart  
Cocoa Puff Cereal  
Fruity Cheerios Cereal Bar  
String Cheese

Apple  
Orange  
Apple Juice

**29**

Mini Cinni Roll  
Mandarin Orange Yogurt Parfait

Strawberry Poptart  
Golden Grahams  
Cinn Tst Crunch Cereal Bar  
String Cheese

Apple  
Pineapple  
Fruit Juice

**20**

Bacon, Egg & Cheese Muffin Melt  
Peach Yogurt Parfait

Fudge Poptart  
Lucky Charms Cereal  
Cocoa Puff Cereal Bar  
String Cheese

Crispy Hashbrown  
Watermelon  
Orange Juice

**31**

Blueberry Waffles w/ Syrup  
Mandarin Orange Yogurt Parfait

Strawberry Poptart  
Golden Grahams Cereal  
Cinn Tst Crunch Cereal Bar  
String Cheese

Banana  
Raisins  
Fruit Juice

**1** Donut Friday

Cinnamon Sugar Donut  
Pineapple Yogurt Parfait

Blueberry Poptart  
Cocoa Puff Cereal  
Golden Graham Cereal Bar  
String Cheese

Banana  
Grapes  
Apple Juice

## Yogurt Parfait

Check out our new yogurt parfaits available daily!



## Questions?

Please contact the food service director at 708-583-5463 or visit our food service page on the district website

## Breakfast Price

Paid: \$2.00

Reduced: \$0.30

Milk: \$0.50