



# Elementary Breakfast

## October 2021

**WHAT DID THE GHOST  
PUT ON HIS ICE  
CREAM?**

**WHIPPED CREAM**

*October 4<sup>th</sup> is National Cinnamon Roll Day. Join us for breakfast and enjoy a warm Pillsbury Mini Cinni!*

### 1 Donut Friday

- Donut Holes
- Golden Grahams Cereal String Cheese
- Orange Wedges  
Banana  
Apple Juice

### 4 Ntl Cinnamon Roll Day

- Mini Cinni Roll
- Chocolate Elf Grahams String Cheese
- Apple  
Diced Peaches  
Apple Juice

### 5

- Sausage, Egg & Cheese Sandwich
- Strawberry Poptart Danimals Yogurt
- Apple  
Mandarin Oranges  
Fruit Juice

### 6

- Strawberry Crunch Bagel
- Cocoa Puff Cereal Bar String Cheese
- Apple  
Banana  
Orange Juice

### 7

- French Toast Sticks w/ Syrup
- Fudge Poptart Danimals Yogurt
- Plum  
Applesauce  
Fruit Juice

### 8

- Cinnamon Sugar Biscuit w/ Margarine
- Chocolate Muffin Cheese Cubes
- Orange Wedges  
Banana  
Apple Juice

### 11 Columbus Day

**No  
School**

### 12

- Egg & Cheese Bagel
- Scooby Grahams Danimals Yogurt
- Apple  
Mandarin Oranges  
Fruit Juice

### 13

- Chocolate Crescent Roll
- Cinnamon Elf Grahams String Cheese
- Apple  
Banana  
Orange Juice

### 14

- Bagel w/ Cream Cheese
- Blueberry Muffin Danimals Yogurt
- Applesauce  
Banana  
Fruit Juice

### 15

- Warm Cinnamon Roll
- Cinnamon Toast Crunch Cereal Cheese Cubes
- Orange Wedges  
Banana  
Apple Juice

### 18

- Mixed Berry French Toast w/ Syrup
- Golden Grahams String Cheese
- Apple  
Diced Peaches  
Apple Juice

### 19

- Sausage Breakfast Pizza
- Strawberry Poptart Danimals Yogurt
- Apple  
Mandarin Oranges  
Fruit Juice

### 20

- Cherry Frudel
- Fudge Poptart String Cheese
- Apple  
Banana  
Orange Juice

### 21

- Strawberry Crunch Bagel
- Cinnamon Toast Crunch Cereal Danimals Yogurt
- Plum  
Applesauce  
Fruit Juice

### 22

- Confetti Pancakes w/ Syrup
- Blueberry Poptart String Cheese
- Orange Wedges  
Banana  
Apple Juice

### 25

- Cinnamon Crunch Bagel
- Chocolate Muffin String Cheese
- Apple  
Diced Peaches  
Apple Juice

### 26

- Mini Cinni Roll
- Golden Grahams Danimals Yogurt
- Apple  
Mandarin Oranges  
Fruit Juice

### 27

- Blueberry Waffles w/ Syrup
- Banana Muffin String Cheese
- Apple  
Banana  
Orange Juice

### 28

- Egg & Cheese Bagel
- Chocolate Elf Grahams Cheese Cubes
- Applesauce  
Banana  
Fruit Juice

### 29 Donut Friday

- Cinnamon Sugar Donut Holes
- Scooby Grahams Danimals Yogurt
- Orange Wedges  
Banana  
Apple Juice

### Breakfast Price

All breakfasts are free for the 2021-2022 school year!

**Try strawberry milk through October!**



### Nutrition Questions?

Check out [epcusd.schooldish.com](http://epcusd.schooldish.com) to find out more about our menus and nutritional content!