

October 2017

**St. Rose St. Mary's School *Breakfast* Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Oatmeal Bars, Yogurt, Fruit, Choice of Milk	<b>3</b> Cinnamon Nachos, Yogurt, Fruit, Choice of Milk	<b>4</b> Cereal, Cottage Cheese, Protein Balls Fruit, Choice of Milk	<b>5</b> Pancakes, Yogurt, Fruit, Choice of Milk	<b>6</b> Egg Bake, Whole Wheat Toast, Yogurt, Fruit, Choice of Milk
<b>9</b> English Muffins, Cottage Cheese, Fruit, Choice of Milk	<b>10</b> Yogurt Parfaits, Teddy Grahams Fruit, Choice of Milk	<b>11</b> Wake Up Casserole, Whole Wheat Toast,, Yogurt, Fruit, Choice of Milk	<b>12</b> Bagels, Protein Balls, Yogurt, Fruit, Choice of Milk	<b>13</b> Fruit Pizza, Yogurt, Fruit, Choice of Milk
<b>16</b> Cereal, Cottage Cheese, Fruit, Choice of Milk	<b>17</b> Apple Oatmeal Squares, Yogurt, Fruit, Choice of Milk	<b>18</b> Cinnamon Nachos Protein Balls, Yogurt, Fruit, Choice of Milk	<b>19</b> Muffins, Cottage Cheese, Fruit, Choice of Milk	<b>20</b> Oatmeal Bars, Yogurt, Fruit, Choice of Milk
<b>23</b>  <b>NO SCHOOL</b>	<b>24</b>  <b>NO SCHOOL</b>	<b>25</b> French Toast, Yogurt, Fruit, Choice of Milk	<b>26</b> Bread Pudding, Yogurt, Fruit, Choice of Milk	<b>27</b> Blueberry Smoothies, Protein Balls, Fruit, Choice of Milk
<b>30</b> Wake Up Casserole, Whole Wheat Toast,, Yogurt, Fruit, Choice of Milk	<b>31</b> Pancakes, Yogurt, Fruit, Choice of Milk			<b>Menus subject to change due to availability</b>

Please note: Milk choice includes non-fat or 1% milk

*Milk: \$.45 per carton*

*Breakfast Cost: Students: \$1.45 / Adults: \$1.85*

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. This institution is an equal opportunity provider.