



MENU

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OCTOBER
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Sailorway Middle School – Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
30	Breakfast Pizza Assorted Fruits and Juice Choice of Milk	1	French Toast Sticks Maple Syrup Assorted Fruits and Juice Choice of Milk	2	Breakfast Sandwich Assorted Fruits and Juice Choice of Milk	3	Cinnamon Pull Apart Rolls Assorted Fruits and Juice Choice of Milk	4	
7	Buttermilk Pancakes Warm Cinnamon Apples Assorted Fruits and Juice Choice of Milk	8	Breakfast Burrito Assorted Fruits and Juice Choice of Milk	9	Cinnamon Glazed French Toast Assorted Fruits and Juice Choice of Milk	10	No School	11	No School Professional Development Day
14	Sausage/Egg and Cheese Potato Bites Assorted Fruits and Juice Choice of Milk	15	Breakfast Pizza Assorted Fruits and Juice Choice of Milk	16	French Toast Sticks Maple Syrup Assorted Fruits and Juice Choice of Milk	17	Breakfast Sandwich Assorted Fruits and Juice Choice of Milk	18	Cinnamon Pull Apart Rolls Assorted Fruits and Juice Choice of Milk
21	Buttermilk Pancakes Warm Cinnamon Apples Assorted Fruits and Juice Choice of Milk	22	Breakfast Burrito Assorted Fruits and Juice Choice of Milk	23	Cinnamon Glazed French Toast Assorted Fruits and Juice Choice of Milk	24	Breakfast Sandwich Assorted Fruits and Juice Choice of Milk	25	No School Teacher Record Day
28	Sausage/Egg and Cheese Potato Bites Assorted Fruits and Juice Choice of Milk	29	Breakfast Pizza Assorted Fruits and Juice Choice of Milk	30	French Toast Sticks Maple Syrup Assorted Fruits and Juice Choice of Milk	31	Happy Halloween! Breakfast Sandwich Assorted Fruits and Juice Choice of Milk	1	

Celebrate!
 October is....
 National Cookie Month
 National Pizza Month and
 National Cookbook Month!

Breakfast Price - \$1.85
 Reduced Breakfast Price – No Charge
 A full breakfast includes: Choice of 2 grains, 2 fruit or juice choices and 1 milk.
 Students must take 3 of the 4 offered components.

Alternate whole grain breakfast choices:
 Banana bread, Honey Buns, Pop Tarts, Cereal Bars, Assorted Cereals, Mini Donuts and Muffins.

Common allergens may be present in several offerings

This institution is an equal opportunity provider.

