

October 2009



Middle and High School

Breakfast

Mon	Tue	Wed	Thu	Fri
			1 Sausage & Gravy Pizza or Cereal & Toast With Milk and Orange Wedges	2 Pancakes & Sausage or Cereal & Toast With Milk and Juice
5 Breakfast Casserole & Toast or Cereal & Toast With Milk and Apple Wedges	6 Pancakes & Sausage or Cereal & Toast With Milk and Peach Cup	7 Sausage & Gravy Pizza or Bagel or Cereal & Toast With Milk and Juice	8 Ham Biscuit or Cereal & Toast With Milk and Banana	9 Pancake Pup or Pop-Tart or Cereal & Toast With Milk and Juice
12 Sausage Biscuit or Cereal & Toast With Milk and Banana	13 Pancakes & Sausage or Cereal & Toast With Milk and Juice	14 Sausage & Gravy Pizza or Cereal & Toast With Milk and Fresh Grapes	15 Pancake Pup or Grilled Cheese Sandwich or Cereal & Toast With Milk and Juice	16 Grits, Eggs & Toast or Cereal & Toast With Milk and Peach Cup
19 Sausage & Gravy Pizza or Bagel or Cereal & Toast With Milk and Juice	20 Pancakes & Sausage or Cereal & Toast With Milk and Applesauce	21 Chicken Biscuit or Cereal & Toast With Milk and Banana	22 Breakfast Casserole & Toast or Cereal & Toast With Milk and Juice	23 Pancake Pup or Cereal & Toast With Milk and Apple Wedges
26 Egg & Cheese Biscuit or Cereal & Toast With Milk and Banana	27 Pancake Pup or Grilled Cheese Sandwich or Cereal & Toast With Milk and Juice	28 Grits, Eggs & Toast or Cereal & Toast With Milk and Juice	29 Sausage & Gravy Pizza or Cereal & Toast With Milk and Orange Wedges	30 Student Holiday