

# October 2009



**Primary  
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Elementary  
School**

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Mon	Tue	Wed	Thu	Fri
			<b>1</b> Muffin & Graham Crackers or Cereal & Toast  With Milk and Apple Slices	<b>2</b> Pancakes Pup or Cereal & Toast  With Milk and Juice
<b>5</b> Grilled Cheese Sandwich or Cereal & Toast  With Milk and Apple Slices	<b>6</b> Pancakes & Sausage or Cereal & Toast  With Milk and Juice	<b>7</b> Sausage Patty & Toast or Cereal & Toast  With Milk and Mixed Fruit	<b>8</b> French Toast Sticks & Sausage or Cereal & Toast  With Milk and Juice	<b>9</b> Sausage & Gravy Pizza or Cereal & Toast  With Milk and Juice
<b>12</b> Breakfast Bites or Cereal & Toast  With Milk and Mixed Fruit	<b>13</b> Grits & Eggs or Cereal & Toast  With Milk and Juice	<b>14</b> Ham Biscuit or Cereal & Toast  With Milk and Applesauce	<b>15</b> Scrambled Eggs & Toast or Cereal & Toast  With Milk and Banana	<b>16</b> Pancake Pup or Cereal & Toast  With Milk and Juice
<b>19</b> Sausage & Gravy Pizza or Cereal & Toast  With Milk and Juice	<b>20</b> Pancakes & Sausage or Cereal & Toast  With Milk and Juice	<b>21</b> Sausage Biscuit or Cereal & Toast  With Milk and Orange Wedges	<b>22</b> Sausage & Toast or Cereal & Toast  With Milk and Juice	<b>23</b> Breakfast Bites or Cereal & Toast  With Milk and Peaches
<b>26</b> Egg Omelet or Cereal & Toast  With Milk and Banana	<b>27</b> Grits and Eggs or Cereal & Toast  With Milk and Juice	<b>28</b> Chicken Biscuit or Cereal & Toast  With Milk and Applesauce	<b>29</b> Muffin & Graham Crackers or Cereal & Toast  With Milk and Apple Slices	<b>30</b> Student Holiday