



Essex Community School District **October 2019**

Breakfast Menu

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|--|--|---|---|---|-----------|
| | | Menu Subject To Change Without Notice | All Meals Served with Milk: 1% Non-Fat | | | |
| | | 1 Breakfast Pizza Fruit Juice | 2 Cereal Yogurt Fruit Juice | 3 Biscuit Cheese Omelet Fruit Juice | 4 Cereal Bar String Cheese Fruit Juice | 5 |
| 6 | 7 Cereal Pop-tart Fruit Juice | 8 Mini Bagels Yogurt Fruit Juice | 9 Muffin Cereal Fruit Juice | 10 Sausage & Pancake Links Fruit Juice | 11 NO SCHOOL | 12 |
| 13 | 14 Cereal Bar String Cheese Fruit Juice | 15 Biscuit Egg Patty Fruit Juice | 16 Cereal Yogurt Fruit Juice | 17 Breakfast Pizza Fruit Juice | 18 Pancakes Sausage Fruit Juice | 19 |
| 20 | 21 Cereal Bar Yogurt Fruit Juice | 22 Mini Waffles Sausage Fruit Juice | 23 Cereal String Cheese Fruit Juice | 24 NO SCHOOL | 25 NO SCHOOL | 26 |
| 27 | 28 Mini Bagel String Cheese Fruit Juice | 29 Breakfast Pizza Fruit Juice | 30 Pancake Sausage Bites Fruit Juice | 31 Pop-tart String Cheese Fruit Juice | | |

This institution is an equal opportunity provider