



# Essex Community School District October 2020

## Breakfast Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Menu Subject To Change Without Notice</b>	<b>All Meals Served with Milk: 1% Non-Fat</b>			
				<b>1</b> Donut-1.3oz Yogurt-4oz Juice-4oz	<b>2</b> Cereal Bar-1.3oz String Cheese-1oz Juice-4oz	<b>3</b>
<b>4</b>	<b>5</b> Cereal-1oz Pop-tart-1.76oz Juice-4oz	<b>6</b> Mini Bagels-2.43oz Yogurt-4oz Juice-4oz	<b>7</b> Muffin-2oz Cereal-1oz Juice-4oz	<b>8</b> Sausage Pancake Stick-2.85 Juice-4oz	<b>9</b> Grahams-1oz Yogurt-4oz Juice-4oz	<b>10</b>
<b>11</b>	<b>12</b> Oatmeal Bar-1.24oz String Cheese-1oz Juice-4oz	<b>13</b> Hard Boiled Egg-1 Grahams-1oz Juice-4oz	<b>14</b> Cereal-1oz Yogurt-4oz Juice-4oz	<b>15</b> Breakfast Pizza-3oz Juice-4oz	<b>16</b> Muffin-2oz String Cheese-1oz Juice-4oz	<b>17</b>
<b>18</b>	<b>19</b> Cereal Bar-1.3oz Yogurt-4oz Juice-4oz	<b>20</b> Breakfast Power Bites-6 Juice-4oz	<b>21</b> Cereal-1oz String Cheese-1oz Juice-4oz	<b>22</b> Breakfast Pizza-3oz Juice-4oz	<b>23</b> Pop-tart-1.76oz String Cheese-1oz Juice-4oz	<b>24</b>
<b>25</b>	<b>26</b> Mini Bagel-2.43oz String Cheese-1oz Juice-4oz	<b>27</b> Pancake Sausage Bites-3 Juice-4oz	<b>28</b> Donut-1.3oz Cereal-1oz Juice-4oz	<b>29</b> No School	<b>30</b> No School	<b>31</b>

This institution is an equal opportunity provider