

South Range Breakfast Menu October 2022

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MENUS SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pancake Sausage Sandwich Fresh Fruit/100% Fruit Juice Choice of Milk	4 Mini Maple Waffles Fresh Fruit/100% Fruit Juice Choice of Milk	5 Nature Valley Banana Chocolate Chip Oatmeal Bar Fresh Fruit/100% Juice Choice of Milk	6 Fruit & Granola Yogurt Parfait Fresh Fruit/100% Juice Choice of Milk	7 Decorated Donut Fresh Fruit/100% Juice Choice of Milk
10 Cinnamon Bun Fresh Fruit/100% Fruit Juice Choice of Milk	11 Sausage & Cheese Biscuit Sandwich Fresh Fruit/100% Fruit Juice Choice of Milk	12 French Toast Sticks Fresh Fruit/100% Fruit Juice Choice of Milk	13 Mini Maple Waffles Fresh Fruit/100% Fruit Juice Choice of Milk	14 No School
17 Mini French Toast Fresh Fruit/100% Fruit Juice Choice of Milk	18 Fruit & Granola Yogurt Parfait Fresh Fruit/100% Juice Choice of Milk	19 Pancake Sausage Sandwich Fresh Fruit/100% Fruit Juice Choice of Milk	20 Blueberry Muffin Top Fresh Fruit/100% Fruit Juice Choice of Milk	21 Cinnamon Bun Fresh Fruit/100% Fruit Juice Choice of Milk
24 French Toast Sticks Fresh Fruit/100% Fruit Juice Choice of Milk	25 Nature Valley Banana Chocolate Chip Oatmeal Bar Fresh Fruit/100% Juice Choice of Milk	26 Sausage & Cheese Biscuit Sandwich Fresh Fruit/100% Fruit Juice Choice of Milk	27 Fruit & Granola Yogurt Parfait Fresh Fruit/100% Juice Choice of Milk	28 Blueberry Muffin Top Fresh Fruit/100% Fruit Juice Choice of Milk
31 Halloween! Decorated Donut Fresh Fruit/100% Fruit Juice Choice of Milk				

What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1/2C. Cup Fruit, and 1/2 Pint Milk

Alternate Menu Options May Include:

Variety of Whole Grain Muffins
Chocolate Chip Oatmeal Breakfast Bar
Fortified Breakfast Pastries
Warm Bagels
Yogurt & Toast
Fruit & Yogurt Parfaits
Whole Grain Cereal w/ Toast

Variety of Fresh Fruit, 100% Fruit Juice and Canned Fruits available daily.



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
Fat Free White and Low Fat White

Proud to manage your
food service program



Meal Prices:
\$1.50 K-12
\$0.30 Reduced

THIS INSTITUTION IS AN EQUAL OPPORTUNITY
PROVIDER