

-2023-

# OCTOBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## System-Wide Breakfast Menu

**Grab n Go changes daily!**  
**Pop Tart, Breakfast Cereal Bar, Nutri-grain Bar, or Cereal with option choices.**

Breakfast and Lunch is FREE for all students for the ENTIRE 2023-2024 school year!

Adult/Visiting Children:  
Breakfast-\$3.00 Lunch- \$3.75

**A choice of milk is offered each day.**

2

**Honey Bun/Yogurt**  
(or)  
**Grab n Go Breakfast**  
Milk, Fruit, & Juice options

3

**Sausage Biscuit**  
(or)  
**Grab n Go Breakfast**  
Milk, Fruit, & Juice options

4

**Breakfast Pizza**  
(or)  
**Grab n Go Breakfast**  
Milk, Fruit, & Juice options

5

**Chicken Croissant**  
(or)  
**Grab n Go Breakfast**  
Milk, Fruit, & Juice options

6

**French Toast Sticks/Sausage links**  
(or)  
**Grab n Go Breakfast**  
Milk, Fruit, & Juice

9

**Blueberry Muffin, Yogurt**  
(or)  
**Grab n Go Breakfast**  
Milk, Fruit, & Juice options

10

**Sausage Croissant**  
(or)  
**Grab n Go Breakfast**  
Milk, Fruit, & Juice options

11

**Breakfast Pizza**  
(or)  
**Grab n Go Breakfast**  
Milk, Fruit, & Juice options

12

**Chicken Biscuit**  
(or)  
**Grab n Go Breakfast**  
Milk, Fruit, & Juice options

13

**Cinnamon Roll/Yogurt**  
(Or)  
**Grab n Go Breakfast**  
Milk, Fruit, & Juice options

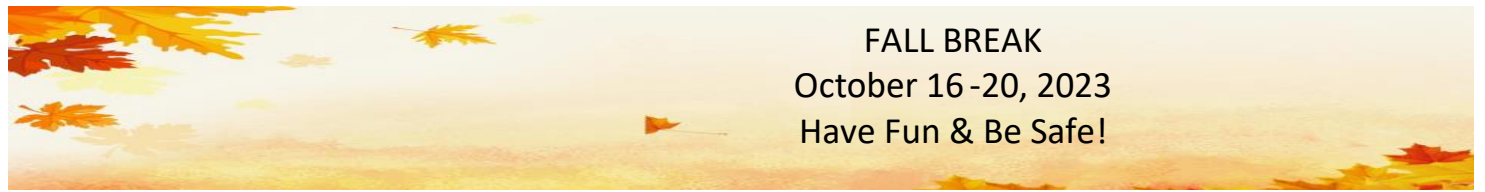
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19

20



**FALL BREAK**  
October 16-20, 2023  
Have Fun & Be Safe!

23

**Dunkin Stick/Yogurt**  
(Or)  
**Grab n Go Breakfast**  
Milk, Fruit, & Juice options

24

**Eggs, Grits, & Sausage**  
(or)  
**Grab n Go Breakfast**  
Milk, Fruit, & Juice options

25

**Breakfast Pizza**  
(or)  
**Grab n Go Breakfast**  
Milk, Fruit, & Juice options

26

**Ham/Cheese Croissant**  
(or)  
**Grab n Go Breakfast**  
Milk, Fruit, & Juice options

27

**Chicken Biscuit**  
(Or)  
**Grab n Go Breakfast**  
Milk, Fruit, & Juice options

30

**Banana Nut Muffin, Yogurt**  
(or)  
**Grab n Go Breakfast**  
Milk, Fruit, & Juice options

31

**Sausage Croissant**  
(or)  
**Grab n Go Breakfast**  
Milk, Fruit, & Juice options