



October 2017 Sunrise Starters Menu

Monday	Tuesday	Wednesday	Thursday	Friday
October 2 Pancake Wrap*[^] & Syrup Peaches	October 3 Breakfast Burrito* with Salsa Mixed Fruit	October 4 Cinnamon Raisin Bagel* with Cream Cheese Pineapple	October 5 Turkey Ham & Cheese on Hawaiian Roll* Applesauce	October 6 Cheese Omelet with Toast* Pears
October 9 Cheesy Scrambled Eggs with Turkey Sausage & Toast* Peaches	October 10 Mini French Toast* with Syrup Mixed Fruit	October 11 Yogurt Parfait (strawberry or peach) & Granola* Pineapple	October 12 Bacon & Egg Breakfast Square* Applesauce	October 13 NO SCHOOL
October 16 Mini Chocolate Donuts* Peaches	October 17 Turkey Sausage & Cheese Breakfast Sandwich* Mixed Fruit	October 18 Mini Maple Pancakes* Pineapple	October 19 Smoothie with Oatmeal Bar* Applesauce	October 20 Cheese Omelet with Toast* Pears
October 23 Cinnamon Rolls* Peaches	October 24 Breakfast Boat* with Turkey Bacon, Scrambled Eggs & Cheese Mixed Fruit	October 25 French Toast Sticks* with Syrup Pineapple	October 26 Scrambled Eggs with Turkey Sausage & Toast* Applesauce	October 27 Yogurt Parfait with Strawberries & Granola* Pears
October 30 Pancake Wrap*[^] & Syrup Peaches	October 31 Breakfast Burrito* with Salsa Mixed Fruit			

ADDITIONAL ITEMS SERVED EACH DAY:

Blueberry or banana muffins* / Assorted cereals* / Yogurt cups / Fresh fruit / Bread* / 100% apple juice and orange juice / Skim and 1% white milk with no artificial growth hormones or antibiotics / Jelly / Margarine

*=Whole-grain item / [^]=Item contains pork

Menu subject to change based on availability and quality of food items
 This institution is an equal opportunity employer

**Have You Tried
 School Breakfast?**

