



Elementary Breakfast Menu

October 2018

1
Strawberry Nutri Grain Bar & Cheese Cubes
Reduced Sugar Cinnamon Toast Crunch or Honey Nut Cheerios with Hardboiled Egg
Fresh Pear, Diced Peaches, Apple Juice

2
Apple Cinnamon Muffin Square
Reduced Sugar Frosted Flakes or Honey Nut Cheerios with Hardboiled Egg
Fresh Apple, Mixed Fruit, Orange Juice

3
Sausage Sandwich
Reduced Sugar Fruity Cheerios or Honey Nut Cheerios with Hardboiled Egg
Fresh Orange, Applesauce, Fruit Juice

4
Chocolate filled Crescent
Chocolate Frosted Mini Wheats or Honey Nut Cheerios with Hardboiled Egg
Banana, Raisins, Apple Juice

5
Mini Strawberry Cream Cheese Bagels
Reduced Sugar Cinnamon Toast Crunch or Honey Nut Cheerios with Hardboiled Egg
Fresh Apple, Diced Peaches, Orange Juice

8
Blueberry Muffin & String Cheese
Reduced Sugar Cinnamon Toast Crunch or Honey Nut Cheerios with String Cheese
Fresh Pear, Diced Peaches, Apple Juice

9
Cinnamon French Toast
Reduced Sugar Frosted Flakes or Honey Nut Cheerios with String Cheese
Fresh Apple, Mixed Fruit, Orange Juice

10 Late Start
Egg Omelet & Tater Bites
Reduced Sugar Fruity Cheerios or Honey Nut Cheerios with String Cheese
Fresh Orange, Applesauce, Fruit Juice

11
Cheese & Sausage Quesadilla
Chocolate Frosted Mini Wheats or Honey Nut Cheerios with String Cheese
Banana, Raisins, Apple Juice

12
Cherry Frudel
Reduced Sugar Cinnamon Toast Crunch or Honey Nut Cheerios with String Cheese
Fresh Apple, Diced Peaches, Orange Juice

15
Chocolate Chip Muffin & Cheese Cubes
Reduced Sugar Frosted Flakes or Honey Nut Cheerios with Cheddar Cheese Cubes
Fresh Pear, Diced Peaches, Apple Juice

16
Banana Chocolate Benefit Bar
Reduced Sugar Fruity Cheerios or Honey Nut Cheerios with Cheddar Cheese Cubes
Fresh Apple, Mixed Fruit, Orange Juice

17
Apple Bosco Stick
Chocolate Frosted Mini Wheats or Honey Nut Cheerios with Cheddar Cheese Cubes
Fresh Orange, Applesauce, Fruit Juice

18
Banana Muffin Square
Reduced Sugar Cinnamon Toast Crunch or Honey Nut Cheerios with Cheddar Cheese Cubes
Banana, Raisins, Apple Juice

19
Waffles
Reduced Sugar Frosted Flakes or Honey Nut Cheerios with Cheddar Cheese Cubes
Fresh Apple, Diced Peaches, Orange Juice

22
Oatmeal Chocolate Chip Benefit Bar
Reduced Sugar Fruity Cheerios or Honey Nut Cheerios with String Cheese
Fresh Pear, Diced Peaches, Apple Juice

23
Turkey Pancake Wrap
Chocolate Frosted Mini Wheats or Honey Nut Cheerios with String Cheese
Fresh Apple, Mixed Fruit, Orange Juice

24
Chef's Choice
Reduced Sugar Cinnamon Toast Crunch or Honey Nut Cheerios with String Cheese
Fresh Orange, Applesauce, Fruit Juice

25
No School

26
No School

29
Banana Muffin and String Cheese
Chocolate Frosted Mini Wheats or Honey Nut Cheerios with Cottage Cheese
Fresh Pear, Diced Peaches, Apple Juice

30
Cinni Minnis
Reduced Sugar Cinnamon Toast Crunch or Honey Nut Cheerios with Cottage Cheese
Fresh Apple, Mixed Fruit, Orange Juice

31
Blueberry Bagel and Cream Cheese
Reduced Sugar Frosted Flakes or Honey Nut Cheerios with Cottage Cheese
Fresh Orange, Applesauce, Fruit Juice

Happy October, Students!

Parents – we have positions open. Daytime hours & working only when your student is in school! More info at <http://aramark.aasd.k12.wi.us>



Lunch Accounts: Payments can be made online or by sending cash or check with your student. Breakfast: \$1.15, Reduced: \$0.30, Free \$0.00, CEP: \$0.00, Adult: \$2.00.

Milk: 1% White and Skim White are offered daily at breakfast!

Whole Grains: All bread served is whole grain rich!