

# Sharpsville Area School District Breakfast— October Breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>September 30</b> Assorted Muffins Or French Toast Bites Choice of 100% juice or fruit Low Fat/ Fat Free Milk	October 1 Warm Cinnamon Roll Or Assorted Poptarts w/ Crackers Choice of 100% juice or fruit Low Fat/ Fat Free Milk	October 2 Sausage and Cheese on a Bagel Or Dutch Waffle Choice of 100% juice or fruit Low Fat/ Fat Free Milk	<b>October 3</b> Savory Breakfast Pizza Or Fruit and Yogurt Parfait Choice of 100% juice or fruit Low Fat/ Fat Free Milk	<b>October 4</b>  Frosted Donut or Churro sticks Choice of 100% juice or fruit Low Fat/ Fat Free Milk
<b>October 7</b> Pancakes Bites Or Assorted Muffins Choice of 100% juice or fruit Low Fat/ Fat Free Milk	<b>October 8</b> Chicken on a Biscuit Or Breakfast Tacos Choice of 100% juice or fruit Low Fat/ Fat Free Milk	<b>October 9</b> Crispy Waffles Or Fluffy Pancakes Choice of 100% juice or fruit Low Fat/ Fat Free Milk	<b>October 10</b> Fruit and Yogurt Parfait Or Breakfast Pizza Choice of 100% juice or fruit Low Fat/ Fat Free Milk	<b>October 11</b>  Frosted Donut or Overnight Oats Choice of 100% juice or fruit Low Fat/ Fat Free Milk
<b>October 14</b> Assorted Muffins Or French Toast Bites Choice of 100% juice or fruit Low Fat/ Fat Free Milk	<b>October 15</b> Warm Cinnamon Roll Or Assorted Poptarts w/ Crackers Choice of 100% juice or fruit Low Fat/ Fat Free Milk	<b>October 16</b> Sausage and Cheese on a Bagel Or Dutch Waffle Choice of 100% juice or fruit Low Fat/ Fat Free Milk	<b>October 17</b> Yogurt Parfait Or Savory Breakfast Pizza Choice of 100% juice or fruit Low Fat/ Fat Free Milk	<b>October 18</b>  Frosted Donut or Churro sticks Choice of 100% juice or fruit Low Fat/ Fat Free Milk
<b>October 21</b> Pancakes Bites Or Assorted Muffins Choice of 100% juice or fruit Low Fat/ Fat Free Milk	<b>October 22</b> Breakfast Tacos Or Bagel with Cream Cheese Choice of 100% juice or fruit Low Fat/ Fat Free Milk	<b>October 23</b> Crispy Waffles Or Fluffy Pancakes Choice of 100% juice or fruit Low Fat/ Fat Free Milk	<b>October 24</b> Savory Breakfast Pizza Or Fruit and Yogurt Parfait Choice of 100% juice or fruit Low Fat/ Fat Free Milk	<b>October 25</b>  Frosted Donut or Overnight Oats Choice of 100% juice or fruit Low Fat/ Fat Free Milk
<b>October 28</b> Assorted Muffins Or French Toast Bites Choice of 100% juice or fruit Low Fat/ Fat Free Milk	<b>October 29</b> Warm Cinnamon Roll Or Assorted Poptarts w/ Crackers Choice of 100% juice or fruit Low Fat/ Fat Free Milk	<b>October 30</b> Sausage and Cheese on a Bagel Or Dutch Waffle Choice of 100% juice or fruit Low Fat/ Fat Free Milk	<b>October 31</b> Fruit and Yogurt Parfait Or Savory Breakfast Pizza Choice of 100% juice or fruit Low Fat/ Fat Free Milk	

## What Makes a Breakfast Meal?

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

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

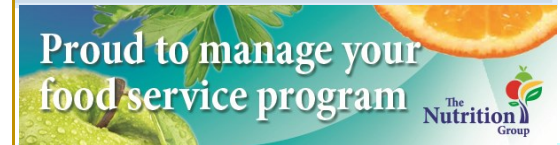
### Middle & High School Alternate Options May Include:

Banana or Blueberry Muffins  
 Chocolate Chip Oatmeal Breakfast Bar  
 Warm Grab & Go Breakfast Sandwiches  
 Fortified Breakfast Pastries  
 Warm Bagels  
 Yogurt & 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



**ALL STUDENTS EAT FREE!**  
 Offered Daily  
 Assorted Cereal w/ Grahams

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE