



MENU

MECC BREAKFAST

OCTOBER

			01 Belvita Bites and Cheese Stick	02 Apple Cinnamon Texas Toast ** Syrup Available **
05 Cereal Cup	06 Strawberry Cream Cheese Stuffed Bagel	07 Zee Zee Bar - Cinnamon	08 Uncrustable - Strawberry OR Grape	09 Crescent Roll w/ Grape Jelly
12 4 oz Yogurt w/ Granola or Crackers	13 Cinnamon Cream Cheese Stuffed Bagel	14 Zee Zee Bar - Cocoa Cherry	15 Belvita Bites and Cheese Stick	16 Apple Cinnamon Texas Toast ** Syrup Available **
19 Cereal Cup	20 Strawberry Cream Cheese Stuffed Bagel	21 Zee Zee Bar - Cinnamon	22 Uncrustable - Strawberry OR Grape	23 Crescent Roll w/ Grape Jelly
26 4 oz Yogurt w/ Granola or Crackers	27 Cinnamon Cream Cheese Stuffed Bagel	28 Zee Zee Bar - Cocoa Cherry	29 Belvita Bites and Cheese Stick	30 Apple Cinnamon Texas Toast ** Syrup Available **

AVAILABLE FRUIT EVERY DAY

Assorted Juice - Apple, Orange, Grape & Fruit Punch

Assorted Whole Fruit (Apples, Oranges, Bananas, Pears, and Plums), Fruit Cups, and Craisins/Raisins

Variety of Milk: 1% White & Skim

Students must take at least 3 items - one must be a minimum of 1/2 cup of fruit or vegetable.

USDA is an equal opportunity provider and employer

Menus are subject to change without notice

Extra Milk: \$0.50
Adult Meals: \$3.30

