



MENU

MES BREAKFAST

OCTOBER

Menus are subject to
change without notice

				Zee Zee Bar - Cocoa Cherry	01	Apple Cinnamon Texas Toast ** Syrup Available **	02		
Cheese Omelet w/ Muffin	05	Maple Pancake Sausage Corndog/ Corndog Bites ** Syrup Available **	06	Strawberry Cream Cheese Stuffed Bagel	07	Zee Zee Bar - Cinnamon	08	Confetti Pancakes ** Syrup Available **	09
Fresh Baked Cinnamon Roll	12	Blueberry or Plain Bagel w/ Cream Cheese cup	13	Cinnamon Cream Cheese Stuffed Bagel	14	Zee Zee Bar - Cocoa Cherry	15	Apple Cinnamon Texas Toast ** Syrup Available **	16
Cheese Omelet w/ Muffin	19	Maple Pancake Sausage Corndog/ Corndog Bites ** Syrup Available **	20	Strawberry Cream Cheese Stuffed Bagel	21	Zee Zee Bar - Cinnamon	22	Confetti Pancakes ** Syrup Available **	23
Fresh Baked Cinnamon Roll	26	Blueberry or Plain Bagel w/ Cream Cheese cup	27	Cinnamon Cream Cheese Stuffed Bagel	28	Zee Zee Bar - Cocoa Cherry	29	Apple Cinnamon Texas Toast ** Syrup Available **	30

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

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

AVAILABLE ENTREES EVERY DAY

Yogurt Cup w/ Granola Packet

Assorted Cereal - Cinnamon Toast Crunch,
Cocoa Puffs, Lucky Charms, Cinnamon
Chex

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

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and employer

