



MENU

OCTOBER

MMHS BREAKFAST

Menus are subject to
change without notice

			Maple Pancake Sausage Corndog/ Corndog Bites ** Syrup Available **	01	Scrambled Eggs w/ Hashbrown Patty	02			
Yogurt Parfait w/ Granola and Mixed Fruit	05	Breakfast Hot Pocket - Egg, Cheese & Sausage	06	Strawberry Cream Cheese Stuffed Bagel	07	Breakfast Egg Roll - Egg, Sausage, Cheese & Potato	08	Breakfast Sandwich - English Muffin OR Croissant	09
Bacon Egg Bites w/	12	Breakfast Pizza Bagel - Egg & Sausage	13	Cinnamon Cream Cheese Stuffed Bagel	14	Pancake Sausage Sandwich (2)	15	Cheese Omelet w/ Biscuit	16
Mixed Berry Smoothie w/ Mini Granola Bar	19	Breakfast Burrito - Egg, Cheese & Turkey Sausage	20	Blueberry or Plain Bagel w/ Cream Cheese cup	21	Maple Pancake Sausage Corndog/ Corndog Bites ** Syrup Available **	22	Scrambled Eggs w/ Hashbrown Patty	23
Yogurt Parfait w/ Granola and Mixed Fruit	26	Breakfast Hot Pocket - Egg, Cheese & Sausage	27	Strawberry Cream Cheese Stuffed Bagel	28	Breakfast Egg Roll - Egg, Sausage, Cheese & Potato	29	Breakfast Sandwich - English Muffin OR Croissant	30

AVAILABLE ENTREES EVERY DAY

Assorted Cereal - Cinnamon Toast Crunch,
Cocoa Puffs & Lucky Charms, Honey Nut
Cheerios

Assorted WG Poptarts - Strawberry & Fudge

Assorted Bars - (Rotating) Benefit Bars and
Zee Zee Bar w/Go-Gurt

AVAILABLE 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.

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

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and employer

