

October 2019 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cereal WG Toast Fruit Juice Milk	2 Breakfast Pizza Fruit Juice Milk	3 Pancakes Fruit Juice Milk	4 Cheese Omelet WG Toast Fruit Juice Milk	5 Oatmeal Blueberries WG Toast Juice Milk
8 Cereal WG Toast Fruit Juice Milk	9 French Toast Blueberries WG Toast Juice Milk	10 Breakfast Sandwich Fruit Juice Milk	11 Waffles Fruit Juice Milk	12 Sausage WG Toast Juice Milk
15 NO SCHOOL	16 Yogurt Muffin Friot Juice Milk	17 Breakfast Taco Fruit Juice Milk	18 Egg Patty WG Toast Fruit Juice Milk	19 WG Cinnamon Roll Fruit Juice Milk
22 Cereal WG Toast Fruit Juice Milk	23 Breakfast Pizza Fruit Juice Milk	24 Pancakes Fruit Juice Milk	25 Cheese Omelet WG Toast Fruit Juice Milk	26 Oatmeal Blueberries WG Toast Juice Milk
29 Cereal WG Toast Fruit Juice Milk	30 French Toast Blueberries WG Toast Juice Milk	31 Breakfast Sandwich Fruit Juice Milk		

A word about our menus: lowfat milk is offered with each meal. Meals are offered to all participants without discrimination based on race, color, national origin, sex, age, or disability, creed, sexual orientation, gender identity, or religion. The same meals are offered to all participants in accordance with program regulations. Menu is subject to change. For questions, comments, or suggestions, please contact Kelly Peavey, Food Service Director, via email: colkitchen@collins-maxwell.k12.ia.us or call (641) 385-2446 ext. 375.