


UNALASKA CITY SCHOOL OCTOBER 2018 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 French Toast Sticks Diced Pears	2 Cheerios Apple Muffin Orange Wedges	3 Sausage Breakfast Pizza Pineapple Pieces Orange Juice	4 Scrambled Eggs Whole Grain Biscuit Mandarin Oranges	5 Blueberry Muffin Mixed Fruit Orange Juice
8 Whole Grain Pancakes Fresh Apple Orange Juice	9 Malt-O-Meal Whole Grain English Muffin Mixed Fruit	10 Scrambled Eggs Whole Grain Bread Sticks Cantaloupe	11 Whole Grain Waffles Mixed Fruit	12 Whole Grain Bagel W/ Low-Fat Cream Cheese Cranberry Pouch
15 Cream of Wheat Whole Grain English Muffin Grapes	16 Sausage Breakfast Pizza Fresh Apple Orange Juice	17 Cheese Toast Sliced Peaches	18 Boiled Egg Whole Grain English Muffin Mixed Fruit	19 Whole Grain Pancakes Pineapple Pieces
Breakfast Wrap Applesauce Cup	23 Bacon Breakfast Pizza Mixed Fruit Orange Juice	24 Breakfast Rice Bowl Bread Sticks Diced Pears	25 Cheerios Whole Grain English Muffin Mixed Fruit	26 Blueberry Yogurt Parfait Bread Sticks Orange Wedges
29 Rice Krispies Whole Grain English Muffin Mixed Fruit Orange Juice	30 Breakfast Pita Strawberry Cup	31 Carrot Muffin Sliced Peaches		
(----RED RIBBON WEEK----)				

Daily Milk Offerings: 1/2 Pint of 1% White or Fat-Free Chocolate
All Grain Products are at least 51% Whole Grain

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