

OCTOBER

Breakfast



MALLARD CREEK STEM ACADEMY BR2 - Breakfast K-12

Monday	Tuesday	Wednesday	Thursday	Friday
September 30, 2019	October 1, 2019	October 2, 2019	October 3, 2019	October 4, 2019
	BEEF SAUSAGE ON A BISCUIT ^ Applesauce Cup Blended Fruit Juice Assorted Jelly Choice of Milk	FRENCH TOAST STICKS ^ Apple-Cranberry Juice Diced Peaches Syrup Choice of Milk	WAFFLES ^ Fresh Banana Orange Juice Syrup Choice of Milk	BANANA MUFFIN ^ Mozzarella Cheese Stick Fresh Orange Blended Fruit Juice Choice of Milk
October 7, 2019	October 8, 2019	October 9, 2019	October 10, 2019	October 11, 2019
FRUITY CHEERIOS ^ Animal Grahams ^ Craisins Apple-Cranberry Juice Choice of Milk	CHEESE OMELET Sliced Bread ^ Assorted Jelly Blended Fruit Juice Diced Pears Choice of Milk	WAFFLES ^ Apple-Cranberry Juice Pineapple Tidbits Syrup Choice of Milk	FRENCH TOAST STICKS ^ Fresh Banana Orange Juice Syrup Choice of Milk	PEACH MINI LOAF ^ Mozzarella Cheese Stick Fresh Orange Diced Peaches Choice of Milk
October 14, 2019	October 15, 2019	October 16, 2019	October 17, 2019	October 18, 2019
GOLDEN GRAHAM CEREAL ^ French Toast Breakfast Square ^ Craisins Blended Fruit Juice Choice of Milk	PANCAKES ^ Orange Juice Diced Peaches Syrup Choice of Milk	BEEF SAUSAGE ON A BISCUIT ^ Apple-Cranberry Juice Diced Peaches Assorted Jelly Choice of Milk	BREAKFAST BURRITO ^ Fresh Banana Applesauce Cup Taco Sauce Choice of Milk	Mozzarella Cheese Stick Chocolate Chip Mini Loaf ^ Fresh Orange Diced Pears Choice of Milk
October 21, 2019	October 22, 2019	October 23, 2019	October 24, 2019	October 25, 2019
TRIX ^ Strawberry Pancake Square ^ Craisins Grape Juice Choice of Milk	Honey Choice of Milk CHICKEN BISCUIT ^ Mixed Fruit Cup Blended Fruit Juice	EGG & CHEESE ON ENGLISH MUFFIN ^ Apple-Cranberry Juice Pineapple Tidbits Choice of Milk	WAFFLES ^ Fresh Banana Orange Juice Syrup Choice of Milk	BLUEBERRY MUFFIN ^ Mozzarella Cheese Stick Fresh Orange Diced Peaches Choice of Milk
October 28, 2019	October 29, 2019	October 30, 2019	October 31, 2019	November 1, 2019
COCOA PUFFS ^ Graham Crackers ^ Craisins Orange Juice Choice of Milk	STRAWBERRY PANCAKES ^ Diced Pears Apple-Cranberry Juice Choice of Milk	CHEESE OMELET Sliced Bread ^ Assorted Jelly Grape Juice Pineapple Tidbits Choice of Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Choice of Milk	

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

www.preferredmeals.com



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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
10-01-2019	BEEF SAUSAGE ON A BISCUIT ^	X						X	X
	Applesauce Cup								
	Blended Fruit Juice								
	Assorted Jelly								
	Choice of Milk	X							
10-02-2019	FRENCH TOAST STICKS ^	X	X					X	X
	Apple-Cranberry Juice								
	Diced Peaches								
	Syrup								
	Choice of Milk	X							
10-03-2019	WAFFLES ^	X	X					X	X
	Fresh Banana								
	Orange Juice								
	Syrup								
	Choice of Milk	X							
10-04-2019	BANANA MUFFIN ^								X
	Mozzarella Cheese Stick	X							
	Fresh Orange								
	Blended Fruit Juice								
	Choice of Milk	X							
10-07-2019	FRUITY CHEERIOS ^								
	Animal Grahams ^	X	X					X	X
	Craisins								
	Apple-Cranberry Juice								
	Choice of Milk	X							
10-08-2019	CHEESE OMELET	X	X					X	
	Sliced Bread ^							X	X
	Assorted Jelly								
	Blended Fruit Juice								
	Diced Pears								
	Choice of Milk	X							
10-09-2019	WAFFLES ^	X	X					X	X
	Apple-Cranberry Juice								
	Pineapple Tidbits								
	Syrup								
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
10-10-2019	FRENCH TOAST STICKS ^	X	X					X	X
	Fresh Banana								
	Orange Juice								
	Syrup								
	Choice of Milk	X							
10-11-2019	PEACH MINI LOAF ^								X
	Mozzarella Cheese Stick	X							
	Fresh Orange								
	Diced Peaches								
	Choice of Milk	X							
10-14-2019	GOLDEN GRAHAM CEREAL ^								X
	French Toast Breakfast Square ^			X				X	X
	Craisins								
	Blended Fruit Juice								
	Choice of Milk	X							
10-15-2019	PANCAKES ^	X	X					X	X
	Orange Juice								
	Diced Peaches								
	Syrup								
	Choice of Milk	X							
10-16-2019	BEEF SAUSAGE ON A BISCUIT ^	X						X	X
	Apple-Cranberry Juice								
	Diced Peaches								
	Assorted Jelly								
	Choice of Milk	X							
10-17-2019	BREAKFAST BURRITO ^	X	X					X	X
	Fresh Banana								
	Applesauce Cup								
	Taco Sauce								
	Choice of Milk	X							
10-18-2019	Mozzarella Cheese Stick	X							
	Chocolate Chip Mini Loaf ^	X						X	X
	Fresh Orange								
	Diced Pears								
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
10-21-2019	TRIX ^								
	Strawberry Pancake Square ^		X					X	X
	Craisins								
	Grape Juice								
	Choice of Milk	X							
10-22-2019	Honey								
	Choice of Milk	X							
	CHICKEN BISCUIT ^	X						X	X
	Mixed Fruit Cup								
	Blended Fruit Juice								
10-23-2019	EGG & CHEESE ON ENGLISH MUFFIN ^	X	X					X	X
	Apple-Cranberry Juice								
	Pineapple Tidbits								
	Choice of Milk	X							
10-24-2019	WAFFLES ^	X	X					X	X
	Fresh Banana								
	Orange Juice								
	Syrup								
	Choice of Milk	X							
10-25-2019	BLUEBERRY MUFFIN ^								X
	Mozzarella Cheese Stick	X							
	Fresh Orange								
	Diced Peaches								
	Choice of Milk	X							
10-28-2019	COCOA PUFFS ^								
	Graham Crackers ^							X	X
	Craisins								
	Orange Juice								
	Choice of Milk	X							
10-29-2019	STRAWBERRY PANCAKES ^	X	X					X	X
	Diced Pears								
	Apple-Cranberry Juice								
	Choice of Milk	X							
10-30-2019	CHEESE OMELET	X	X					X	
	Sliced Bread ^							X	X
	Assorted Jelly								
	Grape Juice								
	Pineapple Tidbits								
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
10-31-2019	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	X						X	X
	Fresh Banana								
	Diced Peaches								
	Assorted Jelly								
	Choice of Milk	X							