

Sylvan Heights Science Charter School

October Grab 'n Go Breakfast



MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Breakfast Pastry Fresh Apple Slices & 100% Juice	3 Cereal Bowl Fortified Pro-Star Donut Jungle Crackers Chilled Peaches & 100% Juice	4 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice	5 Manager's Choice Mini Waffles Pineapple Tidbits & 100% Juice	6 Cereal Bowl Fortified Pro-Star Donut Orange Smiles & 100% Juice
9 Breakfast Pastry Fresh Apple Slices & 100% Juice	10 Cereal Bowl Fortified Pro-Star Donut Cinnamon Crisps Chilled Peaches & 100% Juice	11 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice	12 Managers Choice Mini Pancakes Pineapple Tidbits & 100% Juice	13 Cereal Bowl Jungle Crackers Orange Smiles & 100% Juice
16 Breakfast Pastry Fresh Apple Slices & 100% Juice	17 Cereal Bowl Fortified Pro-Star Donut Jungle Crackers Chilled Peaches & 100% Juice	18 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice	19 Manager's Choice Mini Waffles Pineapple Tidbits & 100% Juice	20 Cereal Bowl Fortified Pro-Star Donut Orange Smiles & 100% Juice
23 Breakfast Pastry Fresh Apple Slices & 100% Juice	24 Cereal Bowl Fortified Pro-Star Donut Cinnamon Crisps Chilled Peaches & 100% Juice	25 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice	26 Managers Choice Mini Pancakes Pineapple Tidbits & 100% Juice	27 Cereal Bowl Jungle Crackers Orange Smiles & 100% Juice
30 Breakfast Pastry Fresh Apple Slices & 100% Juice	31 Cereal Bowl Fortified Pro-Star Donut Jungle Crackers Chilled Peaches & 100% Juice	November 1 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice	2 Manager's Choice Mini Waffles Pineapple Tidbits & 100% Juice	3 Cereal Bowl Fortified Pro-Star Donut Orange Smiles & 100% Juice

What Makes a Breakfast Meal?

Breakfast includes these

Meal Components:

Grains Fruits Milk

Students with Free Eligibility may participate in both Breakfast & Lunch at no cost.



GENERAL MILLS



Milk Choices Offered Daily

Fat Free Flavored

Fat Free and Low Fat Unflavored



Suggestions & Comments
Contact

Sharon Kidd, Director of Food Services
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