


Zachary Community Schools / October Breakfast / 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				01
Students <i>MUST</i> select 3-5 of the following items: Choice of 1-2 Grains * Choice of 1-2 Fruits** Choice of Milk	* may include 1 meat as substitute grain ** 1 juice allowed			Oatmeal Biscuit Fruit and Juice Milk Choice
04	05	06	07	08
Breakfast Burrito Toast Fruit and Juice Milk Choice	Breakfast Muffin Yogurt Fruit and Juice Milk Choice	Pancakes Turkey Bacon (2 slices) Fruit and Juice Milk Choice	French Toast Sausage Pattie Fruit and Juice Milk Choice	Breakfast Bagel Fruit and Juice Milk Choice
11	12	13	14	15
			Breakfast Sandwich Fruit and Juice Milk Choice	Eggstravaganza Biscuit Stick Fruit and Juice Milk Choice
18	19	20	21	22
Breakfast Texas Toast Fruit and Juice Milk Choice	French Toast Stix Fruit and Juice Milk Choice	Biscuit Grits Fruit and Juice Milk Choice	Mini Pancakes Fruit and Juice Milk Choice	Glazed Donut Sausage Pattie Fruit and Juice Milk Choice
25	26	27	28	29
Eggstravaganza Toast Fruit and Juice Milk Choice	Mini Waffles Fruit and Juice Milk Choice	Pancakes Fruit and Juice Milk Choice	French Toast Sausage Pattie Fruit and Juice Milk Choice	Oatmeal Biscuit Stick Fruit and Juice Milk Choice

For a complete breakfast: Students must choose a least $\frac{1}{2}$ cup of fruit or juice

*****MENU SUBJECT TO CHANGE*****

*****MILK CHOICE OFFERED DAILY*****

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