

ZHS Breakfast October 2017

Mon	Tue	Wed	Thu	Fri
2 Grits Biscuits Sausage Cereal Fruit Choice Juice Milk Choice	3 Waffles Bacon Cereal Fruit Choice Juice Milk Choice	4 Oatmeal Eggstravaganza Toast Cereal Fruit Choice Juice Milk choice	5 Breakfast Pizza Hash browns Cereal Yogurt Fruit Choice Juice Milk choice	6 Cheese Grits Eggs Biscuits Cereal Fruit Choice Juice Milk Choice
9 No School	10 No School	11 Grits Biscuits Sausage Cereal Fruit Choice Juice Milk Choice	12 Pancake Pup Cereal Fruit Choice Juice Milk Choice	13 Cinnamon rolls Bacon Cereal Fruit Choice Juice Milk choice
16 Cheese Grits eggs Biscuits Cereal Fruit Choice Juice Milk Choice	17 Mini Pancakes Bacon Cereal Fruit Choice Juice Milk Choice	18 Grits Biscuits Sausage Cereal Fruit Choice Juice Milk Choice	19 Breakfast Taco Hash browns Cereal Yogurt Fruit Choice Juice Milk Choice	20 Breakfast Pizza Cereal Fruit Choice Juice Milk choice
23 Grits Bacon Biscuits Cereal Fruit Choice Juice Milk Choice	24 Muffins Hash browns Cereal Yogurt Fruit Choice Juice Milk Choice	25 Oatmeal Eggstravaganza Toast Cereal Fruit Choice Juice Milk choice	26 Waffles Sausage Cereal Fruit Choice Juice Milk Choice	27 Cheese Grits Eggs Biscuits Cereal Fruit Choice Juice Milk Choice
30 Cheese Grits Eggstravaganza Biscuits Cereal Fruit Choice Juice Milk Choice	31 Pancakes Hash browns Cereal Fruit Choice Juice Milk Choice	Menu subject to change		THIS INTSTITUTION IS AN EQUAL OPPORTUNI- TY PROVIDER