

# Breakfast Menu

## USD 484 - Fredonia Schools

### 2020-2021



• Available in all buildings      ✓ Grab & Go JH/HS Carb count g.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>October 26, 2020</b>	<b>October 27, 2020</b>	<b>October 28, 2020</b>	<b>October 29, 2020</b>	<b>October 30, 2020</b>
<ul style="list-style-type: none"> <li>• Cereal 24 g.</li> <li>• Whole Grain Muffin 29 g.</li> <li>• Fresh Orange</li> <li>• ✓ Juice Choice</li> <li>• ✓ Milk Choice</li> <li>✓ Apple/Orange</li> <li>✓ Soft Filled Cocoa Puff Bar 43 g.</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast Pizza 26 g.</li> <li>• Fresh Apple</li> <li>• ✓ Juice Choice</li> <li>• ✓ Milk Choice</li> <li>✓ Apple/Orange</li> <li>✓ Cream Cheese Bagel 41 g.</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast Cake 56 g.</li> <li>• Sausage Pattie 0 g.</li> <li>• Applesauce 13 g.</li> <li>• ✓ Juice Choice</li> <li>• ✓ Milk Choice</li> <li>✓ Apple/Orange</li> <li>✓ Yogurt &amp; Granola Pkt. 10 g. 20 g.</li> </ul>	<ul style="list-style-type: none"> <li>• Pancake Sausage on a Stick 17 g.</li> <li>• Syrup Cup 39 g.</li> <li>• Banana</li> <li>• ✓ Juice Choice</li> <li>• ✓ Milk Choice</li> <li>✓ Apple/Orange</li> <li>✓ Cereal &amp; Muffin 24 g. 29 g.</li> </ul>	
<b>November 2, 2020</b>	<b>November 3, 2020</b>	<b>November 4, 2020</b>	<b>November 5, 2020</b>	<b>November 6, 2020</b>
<ul style="list-style-type: none"> <li>• Cereal 24 g.</li> <li>• Whole Grain Muffin 29 g.</li> <li>• Fresh Orange</li> <li>• ✓ Juice Choice</li> <li>• ✓ Milk Choice</li> <li>✓ Apple/Orange</li> <li>✓ Soft Filled Cocoa Puff Bar 43 g.</li> </ul>	<ul style="list-style-type: none"> <li>• Mini Powdered Sugar Donuts 41 g.</li> <li>• Pineapple 12 g.</li> <li>• ✓ Juice Choice</li> <li>• ✓ Milk Choice</li> <li>✓ Apple/Orange</li> <li>✓ Pop Tart &amp; Cheese Stick 76 g. 3 g.</li> </ul>	<ul style="list-style-type: none"> <li>• Soft Filled Cocoa Puff Bar 43 g.</li> <li>• Pears 18 g.</li> <li>• ✓ Juice Choice</li> <li>• ✓ Milk Choice</li> <li>✓ Apple/Orange</li> <li>✓ Cherry Frudel 37 g.</li> </ul>	<ul style="list-style-type: none"> <li>• Mini Cinnis 39 g.</li> <li>• Sausage 0 g.</li> <li>• Banana</li> <li>• ✓ Juice Choice</li> <li>• ✓ Milk Choice</li> <li>✓ Apple/Orange</li> <li>✓ Granola Bar 47 g. Cheese Stick 3 g.</li> </ul>	<ul style="list-style-type: none"> <li>• Biscuit w/ Sausage Gravy 26 g. 7 g.</li> <li>• Peaches 18 g.</li> <li>• ✓ Juice Choice</li> <li>• ✓ Milk Choice</li> <li>✓ Apple/Orange</li> <li>✓ Cinnamon Bread 44 g.</li> </ul>
<b>November 9, 2020</b>	<b>November 10, 2020</b>	<b>November 11, 2020</b>	<b>November 12, 2020</b>	<b>November 13, 2020</b>
<ul style="list-style-type: none"> <li>• Cereal 24 g.</li> <li>• Whole Grain Muffin 29 g.</li> <li>• Fresh Orange</li> <li>• ✓ Juice Choice</li> <li>• ✓ Milk Choice</li> <li>✓ Apple/Orange</li> <li>✓ Soft Filled Cocoa Puff Bar 43 g.</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast Pizza 26 g.</li> <li>• Fresh Apple</li> <li>• ✓ Juice Choice</li> <li>• ✓ Milk Choice</li> <li>✓ Apple/Orange</li> <li>✓ Cream Cheese Bagel 41 g.</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt Parfait 10 g.</li> <li>• ✓ Juice Choice</li> <li>• ✓ Milk Choice</li> <li>✓ Apple/Orange</li> <li>✓ Mini Cinnis 39 g.</li> <li>Diced Peaches 18 g. OR</li> <li>Strawberries 38 g.</li> </ul>	<ul style="list-style-type: none"> <li>• Mini French Toast 37 g.</li> <li>• Syrup Cup 39 g.</li> <li>• Banana</li> <li>• ✓ Juice Choice</li> <li>• ✓ Milk Choice</li> <li>✓ Apple/Orange</li> <li>✓ Cereal &amp; Muffin 24 g. 29 g.</li> </ul>	<ul style="list-style-type: none"> <li>• Sausage Biscuit 26 g.</li> <li>• Peach Slices 18 g.</li> <li>• ✓ Juice Choice</li> <li>• ✓ Milk Choice</li> <li>✓ Apple/Orange</li> <li>✓ Chocolate Bread 44g.</li> </ul>
<b>November 16, 2020</b>	<b>November 17, 2020</b>	<b>November 18, 2020</b>	<b>November 19, 2020</b>	<b>November 20, 2020</b>
<ul style="list-style-type: none"> <li>• Cereal 24 g.</li> <li>• Whole Grain Muffin 29 g.</li> <li>• Fresh Orange</li> <li>• ✓ Juice Choice</li> <li>• ✓ Milk Choice</li> <li>✓ Apple/Orange</li> <li>✓ Soft Filled Cocoa Puff Bar 43 g.</li> </ul>	<ul style="list-style-type: none"> <li>• Mini Powdered Sugar Donuts 41 g.</li> <li>• Pineapple 12 g.</li> <li>• ✓ Juice Choice</li> <li>• ✓ Milk Choice</li> <li>✓ Apple/Orange</li> <li>✓ Pop Tart &amp; Cheese Stick 76 g. 3 g.</li> </ul>	<ul style="list-style-type: none"> <li>• Ham Egg &amp; Cheese Bar 8g.</li> <li>• Whole Grain Muffin 29 g.</li> <li>• Pears 18 g.</li> <li>• ✓ Juice Choice</li> <li>• ✓ Milk Choice</li> <li>✓ Apple/Orange</li> <li>✓ Apple Frudel 36 g.</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit Frudel 36 g.</li> <li>• Banana 27 g.</li> <li>• ✓ Juice Choice</li> <li>• ✓ Milk Choice</li> <li>✓ Apple/Orange</li> <li>✓ Granola Bar 47 g. Cheese Stick 3 g.</li> </ul>	<ul style="list-style-type: none"> <li>• Biscuit w/ Sausage Gravy 26 g. 7 g.</li> <li>• Peaches 18 g.</li> <li>• ✓ Juice Choice</li> <li>• ✓ Milk Choice</li> <li>✓ Apple/Orange</li> <li>✓ Banana Bread 44g.</li> </ul>