






October



MSHS Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Waffles Cereal Fresh Fruit Bar Juice Milk	2 Honey Bun Cereal Juice Orange Wedges Milk	3 No School 	4 Breakfast Bites Cereal Grapes Juice Milk	5 Cheese Omelet Cinnamon Toast Cereal Orange Wedges Juice Milk
8 Maple Pancakes Cereal Peaches Juice Milk	9 Mini Cinnis Cereal Bananas Yogurt Juice Milk	10 Breakfast Pizza Cereal Juice Mandarin Oranges Milk	11 Breakfast Sticks Cereal Juice Fresh Fruit Bar Milk	12 Cherry Frudel Cereal Mandarin Oranges Juice String Cheese Stick Milk
15 No School 	16 Blueberry Waffle Cereal Fresh Fruit Bar Juice Milk	17 Long John Cereal Yogurt Fruit Juice Milk	18 Biscuit Sausage Gravy Cereal Juice Orange Wedges Milk	19 Donut Cereal Juice Orange Wedges Milk
22 Breakfast Pizza Cereal Juice Mandarin Oranges Milk	23 Breakfast Sticks Cereal Juice Orange Wedges Milk	24 Glazed Donut Cereal Juice Orange Wedges Milk	25 Biscuit Sausage Patty Cereal Juice Orange Wedges Milk	26 No School 
29 Waffles Cereal Fresh Fruit Bar Juice Milk	30 Honey Bun Cereal Juice Orange Wedges Milk	31 Strawberry Pancakes Cereal Peaches Juice Milk		

