



# Jameson Elementary School

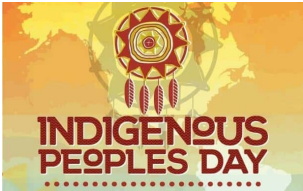


## October Breakfast Menu

Milks Choices:  
1% Milk  
Skim Milk



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|  |   |  |  |  |
|--|---|--|--|--|
|  |   |  |  | 1<br>Pumpkin Bread<br>Sliced Apples                            |
| 4<br>Corn Muffins<br>Diced Peaches   | 5<br>Banana Bread<br>Sliced Apples                                    | 6<br>Pancake Wrapped<br>Sausage<br>100% Fruit Juice                                | 7<br>Apple Cinnamon Muffins<br>Applesauce                      | 8<br>Mini Maple Pancakes<br>100% Fruit Juice                   |
| 11<br><br>INDIGENOUS<br>PEOPLES DAY | 12<br>Assorted Cereal<br>Cheese Stick<br>100% Fruit Juice             | 13<br>French Toast Sticks<br>Applesauce  | 14<br>Egg & Cheese Breakfast<br>Sandwiches<br>100% Fruit Juice | 15<br>Banana Chocolate Chip<br>Breakfast Bars<br>Sliced Apples |
| 18<br>Mini Cinnis<br>Diced Peaches   | 19<br>Homemade Whole Grain<br>Muffins<br>Yogurt<br>100% Fruit Juice   | 20<br>UBR Breakfast Bar<br>Applesauce  | 21<br>Breakfast Pizza<br>100% Fruit Juice                      | 22<br>Mini Maple Waffles<br>Sliced Apples                      |
| 25<br>French Toast Breakfast<br>Bar<br>Diced Peaches   | 26<br>Sausage, Egg & Cheese<br>Breakfast Sandwich<br>100% Fruit Juice | 27<br>Make Your Own Parfait<br>with Yogurt, Homemade<br>Granola, and Strawberries! | 28<br>Bagel & Cream Cheese<br>Applesauce                       | 29<br>Pumpkin Bread<br>Sliced Apples                           |

This institution is an equal opportunity  
employer.

Menu is subject to change.