

THE *Monthly* MENU



OPEN KITCHENS
Serving the Best



Monday

Tuesday

Wednesday

Thursday

Friday

Oct 1

Egg Bites
Maple Waffle
Apple
Assorted Fruit Cups
Ketchup
1% Milk
Skim Milk

Oct 2

Egg & Cheese Bagel
Assorted Breakfast Bread
Banana
Craisins
1% Milk
Skim Milk

Oct 3

Cinnamon Toast Crunch Bar
Yogurt Cup
Assorted Flavors
Granola
Applesauce Cup
Orange
1% Milk
Skim Milk

Oct 4

Biscuits & Gravy
WG Granola Bar
Assorted Flavors
String Cheese
Pear
Applesauce Cup
Assorted Flavors
1% Milk
Skim Milk

Oct 7

French Toast Sticks
Whole Grain Bagel
Orange
Apple Juice
Syrup
Cream Cheese Cup
1% Milk
Skim Milk

Oct 8

Egg, Cheese, & Hashbrown
WG Muffin
Assorted Flavors
Sunflower Seeds
Apple
Assorted Fruit Cups
Ketchup
1% Milk
Skim Milk

Oct 9

Pancake Sausage Bites
Maple Waffle
Banana
Craisins
1% Milk
Skim Milk

Oct 10

Cherry Frudel
Yogurt Cup
Assorted Flavors
Granola
Applesauce Cup
Orange
1% Milk
Skim Milk

Oct 11

Oct 14

Oct 15

Pancake Bowl
Assorted Flavors
Maple Waffle
Apple
Assorted Fruit Cups
1% Milk
Skim Milk

Oct 16

Turkey Egg Scramble
Assorted Breakfast Bread
Banana
Craisins
1% Milk
Skim Milk

Oct 17

Caramel Cinnis
Yogurt Cup
Assorted Flavors
Granola
Applesauce Cup
Orange
1% Milk
Skim Milk

Oct 18

Egg & Cheese Omelet
WG Granola Bar
Assorted Flavors
String Cheese
Pear
Applesauce Cup
Assorted Flavors
Salsa Cup
1% Milk
Skim Milk

Oct 21

Oct 22

Chicken & Cheese Waffle
Maple Waffle
Orange
Apple Juice
1% Milk
Skim Milk

Poffitz Pancake Bites
Whole Grain Bagel
Apple
Assorted Fruit Cups
Syrup
Cream Cheese Cup
1% Milk
Skim Milk

Oct 23

Croissant Egg Sandwich
WG Muffin
Assorted Flavors
String Cheese
Banana
Craisins
Jelly
1% Milk
Skim Milk

Oct 24

Fiesta Egg Scramble
Tortilla Chips
Pull-a-Part Donut
Applesauce Cup
Orange
1% Milk
Skim Milk

Oct 25

Pancakes & Turkey Bacon
Yogurt Cup
Assorted Flavors
Granola
Pear
Applesauce Cup
Assorted Flavors
Syrup
1% Milk
Skim Milk

Oct 28

Oct 29

Turkey-Sausage
Biscuit
Cinnamon Raisin Bagel
Orange
Apple Juice
Syrup
Cream Cheese Cup
1% Milk
Skim Milk

Egg Bites
Maple Waffle
Apple
Assorted Fruit Cups
Ketchup
1% Milk
Skim Milk

Oct 30

Egg & Cheese Bagel
Assorted Breakfast Bread
Banana
Craisins
1% Milk
Skim Milk

Oct 31

Cinnamon Toast Crunch Bar
Yogurt Cup
Assorted Flavors
Granola
Applesauce Cup
Orange
1% Milk
Skim Milk

Chicken products are No Antibiotic Ever (NAE) or No Antibiotics Important to Human Medicine (NAIHM).

All menus are pork-free.

Grain/bread items served are Whole Grain Rich.

Our milk options include 1% and Skim.

Not all offerings may be available in all buildings and menu offerings may change with little to no notice.

This institution is an equal opportunity provider.