

HCPS Secondary Schools October 2017 Breakfast Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| 2 "Build a Biscuit" Choose from Sausage, Egg, Chicken, Sausage Gravy or Cheese Breakfast Breads Cereal and Yogurt Diced Pears 100%Fruit Juice Choice of Milk | 3 "Build a Biscuit" Choose from Sausage, Egg, Chicken, Sausage Gravy, or Cheese Breakfast Breads Cereal and Yogurt Diced Peaches 100%Fruit Juice Choice of Milk | 4 "Build a Biscuit" Choose from Sausage, Egg, Chicken, Sausage Gravy or Cheese Breakfast Breads Cereal and Yogurt Fresh Apple wedges 100%Fruit Juice Choice of Milk | 5 "Build a Biscuit" Choose from Sausage, Egg, Chicken, Sausage Gravy or Cheese Breakfast Breads Cereal and Yogurt Fresh Bananas 100%Fruit Juice Choice of Milk | 6 "Build a Biscuit" Choose from Sausage, Egg, Chicken, Sausage Gravy or Cheese Breakfast Breads Cereal and Yogurt Mixed Fruit 100%Fruit Juice Choice of Milk |
| 9 "Build a Biscuit" Choose from Sausage, Egg, Chicken, Sausage Gravy or Cheese Breakfast Breads Cereal and Yogurt Diced Pears 100%Fruit Juice Choice of Milk | 10 "Build a Biscuit" Choose from Sausage, Egg, Chicken, Sausage Gravy, or Cheese Breakfast Breads Cereal and Yogurt Diced Peaches 100%Fruit Juice Choice of Milk | 11 "Build a Biscuit" Choose from Sausage, Egg, Chicken, Sausage Gravy or Cheese Breakfast Breads Cereal and Yogurt Fresh Apple wedges 100%Fruit Juice Choice of Milk | 12 "Build a Biscuit" Choose from Sausage, Egg, Chicken, Sausage Gravy or Cheese Breakfast Breads Cereal and Yogurt Fresh Bananas 100%Fruit Juice Choice of Milk | 13 "Build a Biscuit" Choose from Sausage, Egg, Chicken, Sausage Gravy or Cheese Breakfast Breads Cereal and Yogurt Mixed Fruit 100%Fruit Juice Choice of Milk |
| 16 "Build a Biscuit" Choose from Sausage, Egg, Chicken, Sausage Gravy or Cheese Breakfast Breads Cereal and Yogurt Diced Pears 100%Fruit Juice Choice of Milk | 17 "Build a Biscuit" Choose from Sausage, Egg, Chicken, Sausage Gravy, or Cheese Breakfast Breads Cereal and Yogurt Diced Peaches 100%Fruit Juice Choice of Milk | 18 "Build a Biscuit" Choose from Sausage, Egg, Chicken, Sausage Gravy or Cheese Breakfast Breads Cereal and Yogurt Fresh Apple wedges 100%Fruit Juice Choice of Milk | 19 "Build a Biscuit" Choose from Sausage, Egg, Chicken, Sausage Gravy or Cheese Breakfast Breads Cereal and Yogurt Fresh Bananas 100%Fruit Juice Choice of Milk | 20 "Build a Biscuit" Choose from Sausage, Egg, Chicken, Sausage Gravy or Cheese Breakfast Breads Cereal and Yogurt Mixed Fruit 100%Fruit Juice Choice of Milk |
| 23 "Build a Biscuit" Choose from Sausage, Egg, Chicken, Sausage Gravy or Cheese Breakfast Breads Cereal and Yogurt Diced Pears 100%Fruit Juice Choice of Milk | 24 "Build a Biscuit" Choose from Sausage, Egg, Chicken, Sausage Gravy or Cheese Breakfast Breads Cereal and Yogurt Diced Peaches 100%Fruit Juice Choice of Milk | 25 "Build a Biscuit" Choose from Sausage, Egg, Chicken, Sausage Gravy or Cheese Breakfast Breads Cereal and Yogurt Fresh Apple wedges 100%Fruit Juice Choice of Milk | 26 "Build a Biscuit" Choose from Sausage, Egg, Chicken, Sausage Gravy or Cheese Breakfast Breads Cereal and Yogurt Fresh Bananas 100%Fruit Juice Choice of Milk | 27 Teacher work Day |

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| 30 | 31 | Nov 1 | 2 | 3 |
| "Build a Biscuit" | "Build a Biscuit" | "Build a Biscuit" | "Build a Biscuit" | "Build a Biscuit" |
| Choose from Sausage, Egg, Chicken, Sausage Gravy or Cheese | Choose from Sausage, Egg, Chicken, Sausage Gravy or Cheese | Choose from Sausage, Egg, Chicken, Sausage Gravy or Cheese | Choose from Sausage, Egg, Chicken, Sausage Gravy or Cheese | Choose from Sausage, Egg, Chicken, Sausage Gravy or Cheese |
| Breakfast Breads Cereal and Yogurt Diced Pears 100%Fruit Juice Choice of Milk | Breakfast Breads Cereal and Yogurt Diced Pears 100%Fruit Juice Choice of Milk | Breakfast Breads Cereal and Yogurt Diced Pears 100%Fruit Juice Choice of Milk | Breakfast Breads Cereal and Yogurt Diced Pears 100%Fruit Juice Choice of Milk | Breakfast Breads Cereal and Yogurt Diced Pears 100%Fruit Juice Choice of Milk |

A variety of "Breakfast Breads" will be offered daily and may include Cinnamon Rolls, Super Doughnuts, Banana Bread, Bagels or Muffins. All are whole grain rich.

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