



Memorial Junior High School Breakfast

October
2024

Variety of Fresh Fruits and Vegetables Daily
Choice of Fat Free Milk or 1% Chocolate Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>30</p> <p>This is for Food 4 Thought</p>	<p>1</p> <p>Bacon, Egg & Cheese on Biscuit</p> <p>Cocoa Puffs</p> <p>Fresh Apple 100% Orange Juice Choice of Milk</p>	<p>2</p> <p>Banana Muffin Cheese Stick</p> <p>Pop Tart</p> <p>Mixed Fruit 100% Grape Juice Choice of Milk</p>	<p>3</p> <p>NO SCHOOL</p>	<p>4</p> <p>Scrambled Egg Tator Tots</p> <p>Cocoa Puffs</p> <p>Mixed Fruit 100% Apple Juice Choice of Milk</p>
<p>7</p> <p>French Toast Sticks</p> <p>Lucky Charms</p> <p>Mixed Fruit 100% Apple Juice Choice of Milk</p>	<p>8</p> <p>Chicken Breakfast Biscuit</p> <p>Pop Tart</p> <p>Fresh Apple 100% Orange Juice Choice of Milk</p>	<p>9</p> <p>Bacon, Egg & Cheese on English Muffin</p> <p>Lucky Charms</p> <p>Applesauce 100% Fruit Punch Juice Choice of Milk</p>	<p>10</p> <p>Mini Eggo Waffles</p> <p>Pop Tart</p> <p>Banana 100% Apple Juice Choice of Milk</p>	<p>11</p> <p>NO SCHOOL</p>
<p>14</p> <p>Cinnamon Cream Cheese Filled Bagel OR Plain Bagel Cream Cheese, plain Cheerios</p> <p>Mixed Fruit 100% Apple Juice Choice of Milk</p>	<p>15</p> <p>Breakfast Toaster Sandwich</p> <p>Brown Sugar Cinnamon Pop Tart</p> <p>Fresh Apple 100% Orange Juice Choice of Milk</p>	<p>16</p> <p>Banana Blueberry Muffin Cheese Stick</p> <p>Cheerios</p> <p>Mixed Fruit 100% Grape Juice Choice of Milk</p>	<p>17</p> <p>Easy Egg Bake Whole Grain Toast</p> <p>Brown Sugar Cinnamon Pop Tart</p> <p>100% Apple Juice Banana Choice of Milk</p>	<p>18</p> <p>Biscuits & Gravy</p> <p>Choice of Cereal</p> <p>Mixed Fruit 100% Apple Juice Choice of Milk</p>
<p>21</p> <p>Pancakes</p> <p>Cinnamon Toast Crunch Cereal Bar</p> <p>Mixed Fruit 100% Apple Juice Choice of Milk</p>	<p>22</p> <p>Breakfast Sandwich</p> <p>Choice of Cereal</p> <p>Apple 100% Orange Juice Choice of Milk</p>	<p>23</p> <p>Blueberry Muffin Cheese Stick</p> <p>Cinnamon Toast Crunch Cereal Bar</p> <p>Mixed Fruit 100% Fruit Punch Juice Choice of Milk</p>	<p>24</p> <p>Cinnamon Roll</p> <p>Choice of Cereal</p> <p>Banana 100% Apple Juice Choice of Milk</p>	<p>25</p> <p>Breakfast Banana Split Yogurt Parfait</p> <p>Cinnamon Toast Crunch Cereal Bar</p> <p>Mixed Fruit 100% Apple Juice Choice of Milk</p>
<p>28</p> <p>Pancakes Pork Sausage Link</p> <p>Cocoa Puffs Cereal Bar</p> <p>Apple Sauce 100% Apple Juice Choice of Milk</p>	<p>29</p> <p>Sausage Breakfast Pizza</p> <p>Choice of Cereal</p> <p>Orange 100% Orange Juice Choice of Milk</p>	<p>30</p> <p>Apple Cinnamon Muffin Cheese Stick</p> <p>Cocoa Puffs Cereal Bar</p> <p>Apple Sauce 100% Grape Juice Choice of Milk</p>	<p>31</p> <p>Breakfast Bowl</p> <p>Choice of Cereal</p> <p>apple sauce 100% Apple Juice Choice of Milk</p>	<p>1</p>

PRICES

EXTRA INFO

Any questions please call the food service
Director Carrie Garren 216.691.2099 or email
garrenc@sel.k12.oh.us

HARVEST OF



THE MONTH

Your MENUS plus more
information on our app
Taher Food4Life®



www.taher.com

Menus are subject to change without notice. This institution is an equal opportunity provider.