


# OCTOBER 2018

## EAH Breakfast in the Classroom

Students have a choice of Skim, 1% and Fat Free flavored milk daily. Lactose Free milk available upon request. Students must select a fruit or vegetable to complete their meal for breakfast and lunch. Lunch and breakfast are provided at no cost to students.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Assorted Breakfast Breads Fruit Juice Assorted Fresh Fruit	<b>2</b> Assorted Muffins Fruit Juice Assorted Fresh Fruit	<b>3</b> French Toast Sticks Fruit Juice Assorted Fresh Fruit	<b>4</b> Whl Grain Donuts Fruit Juice Assorted Fresh Fruit	<b>5</b> Oatmeal Rounds Fruit Juice Assorted Fresh Fruit
<b>8</b> Fall Break	<b>9</b> Fall Break	<b>10</b> Fall Break	<b>11</b> Fall Break	<b>12</b> Fall Break
<b>15</b> Mini Bagels Fruit Juice Assorted Fresh Fruit	<b>16</b> Assorted Muffins Fruit Juice Assorted Fresh Fruit	<b>17</b> French Toast Sticks Fruit Juice Assorted Fresh Fruit	<b>18</b> Whl Grain Donuts Fruit Juice Assorted Fresh Fruit	<b>19</b> Oatmeal Rounds Fruit Juice Assorted Fresh Fruit
<b>22</b> Cinnamon Breakfast Rolls Fruit Juice Assorted Fresh Fruit	<b>23</b> Assorted Muffins Fruit Juice Assorted Fresh Fruit	<b>24</b> French Toast Sticks Fruit Juice Assorted Fresh Fruit	<b>25</b> Pancakes Fruit Juice Assorted Fresh Fruit	<b>26</b> Mini Waffles Fruit Juice Assorted Fresh Fruit
<b>29</b> Assorted Breakfast Breads Fruit Juice Assorted Fresh Fruit	<b>30</b> Chocolate Crescent Fruit Juice Assorted Fresh Fruit	<b>31</b> French Toast Sticks Fruit Juice Assorted Fresh Fruit		

A variety of Cereals, Pop tarts, and Graham Crackers are available, selections may vary daily. Menus are subject to change due to availability.

This institution is an equal opportunity provider