

October 2016

Hillsboro School District #3

BREAKFAST

We have the right to substitute items without notice.
Breakfast - \$1.50, Reduced \$.30
Lunch - \$2.65, Reduced \$.40
This menu may contain peanuts or nut products



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Choice of Cereal **3**
Breakfast Bagel
Fruit/Fruit Juice
Milk

Tuesday

Choice of Cereal **4**
Fresh Baked Cinnamon Roll
Fruit/Fruit Juice
Milk

Wednesday

Choice of Cereal **5**
Biscuit & Sausage Gravy
Fruit/Fruit Juice
Milk

Thursday

Choice of Cereal **6**
Scrambled Eggs w/Ham
Fruit/Fruit Juice
Milk

Friday

7
Not in Attendance
Due to Parent/Teacher
Conferences

10
Not in Attendance
In Observance of
Columbus Day

Choice of Cereal **11**
Mini Sausage Bites
Fruit/Fruit Juice
Milk

Choice of Cereal **12**
Biscuit & Sausage Gravy
Fruit/Fruit Juice
Milk

Choice of Cereal **13**
Cinnamon Glazed Toast
Fruit/Fruit Juice
Milk

Choice of Cereal **14**
Eggstravaganza
Fruit/Fruit Juice
Milk

Choice of Cereal **17**
Mini Pancakes
Fruit/Fruit Juice
Milk

Choice of Cereal **18**
Scrambled Eggs w/Biscuit
Fruit/Fruit Juice
Milk

Choice of Cereal **19**
Biscuit & Sausage Gravy
Fruit/Fruit Juice
Milk

Choice of Cereal **20**
French Twist Donuts
Fruit/Fruit Juice
Milk

21
Breakfast Buffet
Manager's Choice
Fruit/Fruit Juice
Milk

Choice of Cereal **24**
French Toast Sticks w/Syrup
Fruit/Fruit Juice
Milk

Choice of Cereal **25**
Breakfast Pizza
Fruit/Fruit Juice
Milk

Choice of Cereal **26**
Biscuit & Sausage Gravy
Fruit/Fruit Juice
Milk

Choice of Cereal **27**
Fresh Baked Cinnamon Rolls
Fruit/Fruit Juice
Milk

Choice of Cereal **28**
Poptarts
Fruit/Fruit Juice
Milk

Choice of Cereal **31**
Breakfast Pizza
Fruit/Fruit Juice
Milk



This institution is an equal opportunity provider