



Guthrie Public Schools Secondary Breakfast Menu October 2017

Assorted Sides	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Served Daily: Assorted Dry Cereal Canned Fruit Fresh Fruit Orange Juice Apple Juice Assorted Fat Free or Lowfat White and Flavored Milk	2 French Toast Sticks Yogurt & Goldfish Graham Cracker Diced Peaches	3 Oatmeal Cereal Bar Orange Slices	4 Breakfast Pizza Bagel & Cream Cheese Bananas	5 Egg & Cheese Biscuit Pop Tart Mixed Fruit	1 Biscuit with Gravy Yogurt & Goldfish Graham Cracker Diced Pears
	9 Pancake Sausage Wrap Yogurt & Goldfish Graham Cracker Diced Peaches	10 Sausage Biscuit Cereal Bar Orange Slices	11 Breakfast Pizza Bagel & Cream Cheese Bananas	12 Cheesy Omelet Pop Tart Mixed Fruit	13 Biscuit with Gravy Pancake on a Stick Assorted Cold Cereals
	16 Egg 7 Cheese Bagel Sandwich Yogurt & Goldfish Graham Cracker Diced Peaches	17 Sausage Biscuit Cereal Bar Orange Slices	18 Breakfast Pizza Bagel & Cream Cheese Bananas	19 Cheesy Scrambled Eggs Pop Tart Mixed Fruit	20 NO SCHOOL FALL BREAK
	23 NO SCHOOL FALL BREAK	24 Oatmeal Cereal Bar Orange Slices	25 Breakfast Pizza Bagel w/Cream Cheese Bananas	26 Egg & Cheese Biscuit Pop Tart Mixed Fruit	27 Biscuit & Gravy Yogurt & Goldfish Graham Cracker Diced Pears
	30 Pancake Sausage Wrap Yogurt & Goldfish Graham Cracker Diced Peaches	31 Sausage Biscuit Cereal Bar Orange Slices			

A meal consists of 3 food groups: Grains, Fruit/ Vegetables and Milk. Students must pick at least 3 items from the 4 items offered from the 3 food groups.

Menu items are subject to change due to availability	Child Nutrition Office 405.282.5952
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