



Guthrie Public Schools Secondary Breakfast Menu September 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					1 Biscuit with Gravy Cinnamon Roll w/icing Assorted Cold Cereals
	4 NO SCHOOL LABOR DAY	5 Oatmeal Pancakes w/Syrup Assorted Cold Cereals	6 Breakfast Pizza Bagel & Cream Cheese Assorted Cold Cereals	7 Egg & Cheese Biscuit Waffles w/Syrup Assorted Cold Cereals	8 Biscuit with Gravy Pancake on a Stick Assorted Cold Cereals
	11 Scrambled Eggs w/Graham Cracker Yogurt & Goldfish Graham Cracker Assorted Cold Cereals	12 Sausage Biscuit Waffle w/Syrup Assorted Cold Cereals	13 Breakfast Pizza Bagel & Cream Cheese Assorted Cold Cereals	14 Oatmeal Cheese Omelet Assorted Cold Cereals	15 Cinnamon Roll w/Icing Biscuit & Gravy Assorted Cold Cereals
	18 Pancakes Sausage Wrap Yogurt & Goldfish Graham Cracker Assorted Cold Cereals Diced Peaches	19 Sausage Biscuit Cereal Bar Assorted Cold Cereals Oranges	20 Breakfast Pizza Bagel w/Cream Cheese Assorted Cold Cereals Bananas	21 Cheesy Omelet Pop Tart Assorted Cold Cereals Mixed Fruit	22 Biscuit & Gravy Yogurt & Goldfish Graham Cracker Assorted Cold Cereals Diced Pears
	25 NO SCHOOL PROFESSIONAL DAY	26 Fresh Toast Sticks Cereal Bar Assorted Cold Cereals Oranges	27 Breakfast Pizza Bagel w/Cream Cheese Assorted Cold Cereals Bananas	28 Cheesy Scrambled Eggs Pop Tart Assorted Cold Cereals Mixed Fruit	29 Biscuit & Gravy Yogurt & Goldfish Graham Cracker Assorted Cold Cereals Diced Pears

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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