



Guthrie Public Schools Secondary Breakfast Menu October 2019

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 Biscuits & Gravy Coffee Cake Orange Smiles Apple Juice	2 Breakfast Pizza Blueberry Muffin Banana Orange Juice	3 Breakfast Taco Cinnamon Roll Mixed Fruit Apple Juice	4 French Toast Sticks Nutrigrain Bar Diced Pears Oranges Juice
	7 Pancake Sausage Wraps Double Chocolate Muffin Diced Peaches Orange Juice	8 Sausage Biscuit Glazed Donut Orange Smiles Apple Juice	9 Breakfast Pizza Nutrigrain Bar Banana Orange Juice	10 Cheesy Omelet Cinnamon Roll Mixed Fruit Apple juice	11 Biscuits & Gravy Yogurt with Graham Crackers Diced Pears Orange Juice
	14 Pancakes Hard Boiled Egg Diced Peaches Orange Juice	15 Honey Glazed Chicken Biscuit Banana Muffin Orange Smiles Apple Juice	16 Breakfast Pizza Yogurt with Graham Crackers Mixed Fruit Orange Juice	17 Fall Break	18 Fall Break
	21 French Toast Sticks Yogurt with Graham Crackers Diced Peaches Orange Juice	22 Biscuits & Gravy Coffee Cake Orange Smiles Apple Juice	23 Breakfast Pizza Blueberry Muffin Banana Orange Juice	24 Breakfast Taco Cinnamon Roll Mixed Fruit Apple Juice	25 **Birthday Mini Confetti Pancakes! Nutrigrain Bar Diced Pears Oranges Juice
	28 Pancake Sausage Wraps Double Chocolate Muffin Diced Peaches Orange Juice	29 Sausage Biscuit Glazed Donut Orange Smiles Apple Juice	30 Breakfast Pizza Nutrigrain Bar Banana Orange Juice	31 Cheesy Omelet Cinnamon Roll Mixed Fruit Apple juice	

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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