


# October 2018

## PLAINVILLE SCHOOLS BREAKFAST MENU

Breakfast Prices- \$1.25  
 Reduced -\$.30  
 Free-to students that qualify  
[www.plainvilleschools.org](http://www.plainvilleschools.org)

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Whole Grain Cinnamon Roll With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk 1	Whole Grain Chocolate Chip Muffin With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk 2	Whole Grain Banana Bread With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk 3	Mini Strawberry Pancakes With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk 4	Glazed Breakfast Donut With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk 5
Daily Alternate: Whole Grain Cereal Assortment with Graham Crackers, Fresh or Chilled Cup Fruit, Choice of Milk				
 <b>Columbus Day!</b>	Apple Cinnamon Muffin With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk 9	Whole Grain Maple Glazed French Toast With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk 10	Whole Grain Blueberry Muffin With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk 11	Whole Grain Pumpkin Bread With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk 12
Daily Alternate: Whole Grain Cereal Assortment with Graham Crackers, Fresh or Chilled Cup Fruit, Choice of Milk				
Whole Grain Mixed Berry Bread With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk 15	WG Blueberry Muffin With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk 16	Whole Grain Apple Bread Stick With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk 17	Mini Cinnamon French Toast With Choice of Fresh Fruit in Season Chilled Fruit Cup or 100% Fruit Juice Choice of Milk 18	Cherry Frudel With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk 19
Daily Alternate: Whole Grain Cereal Assortment with Graham Crackers, Fresh or Chilled Cup Fruit, Choice of Milk				
Whole Grain Apple Fruit Pocket With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk 22	Blueberry Glazed Pancake With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk 24	Sweet Potato Breakfast Roll With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk 25	Mini Bagels with Strawberry Cream Cheese With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk 26	Cinnamon Breakfast Crumb Cake With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk 27
Daily Alternate: Whole Grain Cereal Assortment with Graham Crackers, Fresh or Chilled Cup Fruit, Choice of Milk				
Whole Grain Honey Wheat Breakfast Donut! With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk 29	Whole Grain Pumpkin Bread! With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk 30	Whole Grain Maple Glazed French Toast! With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk 31	<b>WG=Whole Grain</b>	<b>Breakfast is not served on Delayed Opening days</b>
Daily Alternate: Whole Grain Cereal Assortment with Graham Crackers, Fresh or Chilled Cup Fruit, Choice of Milk				
<i>Daily Alternate indicates main Breakfast entrée alternative – Fruit components listed on menu are available with cereal alternative. cereal alternative. Non-fat chocolate, skim, or 1% milk is available with each Breakfast. Students can use meal account funds to pay for Breakfast! Call or e-mail us with questions or comments, Michael Koch Food Service Director at 793-3234,kochm@plainvilleschools.org</i>				