

SEGUIN ISD – 6th -8th - Breakfast

OCTOBER 2019

Breakfast Meal Prices:

STUDENT

Reduced: \$0.30 Paid: \$1.70

ADULT: \$2.30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 30	October 1	October 2	October 3	October 4
PANCAKE ON STICK POP TARTS CEREAL	BREAKFAST BOWL COCOA PUFF PARFAIT CEREAL	<u>CHICKEN & WAFFLES</u> Fruit Toppings Strawberry or Blueberry CEREAL	SAUSAGE KOLACHE BLUEBERRY MUFFIN CEREAL	BREAKFAST TACOS Potato & Egg Bacon & Egg CEREAL
7	8	9	10	11
OATMEAL BAR Strawberry & Blueberries Side of: Bacon or Sausage CEREAL	SAUSAGE, EGG & CHEESE FLATBREAD GLAZED DONUT CEREAL	<u>CHICKEN & WAFFLES</u> Fruit Toppings Strawberry or Blueberry CEREAL	HAM, EGG, & CHEESE CROISSANT SANDWICH FRUIT LOOP PARFAIT CEREAL	FAIR DAY **DISTRICT** **HOLIDAY**
14	15	16	17	18
Staff Development **STUDENT** **HOLIDAY**	SAUSAGE, EGG, & CHEESE CROISSANT COCOA PUFF PARFAIT CEREAL	<u>CHICKEN & WAFFLES</u> Fruit Toppings Strawberry or Blueberry CEREAL	COUNTRY-STYLE SCRAMBLED EGGS W/ Hash browns YOGURT CUP W/ Granola CEREAL	BREAKFAST TACOS Potato & Egg Bacon & Egg CEREAL
21	22	23	24	25
BREAKFAST BAGEL BLUEBERRY MUFFIN CEREAL	BREAKFAST BURRITO GLAZED DONUT CEREAL	<u>CHICKEN & WAFFLES</u> Fruit Toppings Strawberry or Blueberry CEREAL	SAUSAGE BISCUIT FRUIT LOOP PARFAIT CEREAL	BREAKFAST TACOS Potato & Egg Bacon & Egg CEREAL
28	29	30	31	November 1
PANCAKE ON STICK POP TARTS CEREAL	BREAKFAST BOWL COCOA PUFF PARFAIT CEREAL	<u>CHICKEN & WAFFLES</u> Fruit Toppings Strawberry or Blueberry CEREAL	SAUSAGE KOLACHE BLUEBERRY MUFFIN CEREAL	BREAKFAST TACOS Potato & Egg Bacon & Egg CEREAL

****MENU IS SUBJECT TO CHANGE****

Options	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST TACOS	<u>Bean & Cheese</u> <u>Pork Carnitas</u>	<u>Bacon & Egg</u> <u>Ham & Egg</u>	<u>Bean & Cheese</u> <u>Barbacoa</u>	<u>Bacon & Egg</u> <u>Potato & Egg</u>	<u>Papas Rancheras</u>
SMOOTHIES	<u>STRAWBERRY</u> <u>BANANA</u>	<u>MIXED</u> <u>BERRY</u>	<u>STRAWBERRY</u>	<u>MIXED BERRY</u>	<u>TROPICAL</u>

CEREALS

- Cocoa Puffs
- Fruit Loops
- Cinnamon Toast Crunch
- Frosted Flakes
- Honey Nut Cheerios

OFFERED DAILY

- FRESH/CHILLED FRUIT
- 100% FRUIT JUICE
- 1% WHITE MILK
- OR FAT FREE CHOCOLATE MILK

