

# October 2018

## ARCHBISHOP WALSH / STCS

### BREAKFAST



**BREAKFAST IS AVAILABLE FROM 7:25 TIL 7:55.**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

ASSORTED CEREAL  
1% MILK  
LF CHOCOLATE MILK  
FRUIT

1

### Tuesday

ASSORTED MUFFINS  
FRUIT  
1% MILK  
LF CHOCOLATE MILK

2

### Wednesday

BUTTERMILK BISCUIT W/  
HONEY OR JELLY  
FRUIT  
1% MILK  
LF CHOC MILK

3

### Thursday

FRENCH TOAST STICKS  
SAUSAGE PATTY  
FRUIT  
1% MILK  
LF CHOC MILK

4

### Friday

NO SCHOOL  
STAFF DEVELOPMENT

5

NO SCHOOL  
COLUMBUS DAY

8

BAGEL W / CREAM  
CHEESE OR JELLY  
FRUIT  
1% MILK  
LF CHOC MILK

9

ASSORTED BREAKFAST  
FRUIT  
1% MILK  
LF CHOC MILK

10

SCRAMBLED EGGS  
TOAST  
FRUIT  
1% MILK  
LF CHOC MILK

11

ASSORTED CEREAL  
FRUIT  
1% MILK  
LF CHOC MILK

12

BAGEL W / CREAM  
CHEESE OR JELLY  
FRUIT  
1% MILK  
LF CHOC MILK

15

ASSORTED MUFFIN  
FRUIT  
1% MILK  
LF CHOC

16

FRENCH TOAST STICKS  
FRUIT  
1% MILK  
LF CHOC MILK

17

BUTTERMILK BISCUITS  
W / HONEY OR JELLY  
FRUIT  
1% MILK  
LF CHOC MILK

18

ASSORTED CEREAL  
FRUIT  
1% MILK  
LF CHOC MILK

19

ASSORTED DONUTS  
FRUIT  
1% MILK  
LF CHOC MILK

22

ENGLISH MUFFIN W /  
EGG AND CHEESE  
FRUIT  
1% MILK  
LF CHOC MILK

23

BAGEL W / CREAM  
CHEESE OR JELLY  
FRUIT  
1% MILK  
LF CHOC MILK

24

FRENCH TOAST STICKS  
FRUIT  
1% MILK  
LF CHOC MILK  
1% MILK

25

ASSORTED CEREAL  
FRUIT  
1% MILK  
LF CHOC MILK

26

ASSORTED MUFFIN  
FRUIT  
1% MILK  
LF CHOC MILK

29

BAGEL W / CREAM  
CHEESE OR JELLY  
FRUIT  
1% MILK  
LF CHOC MILK

30

SCRAMBLED EGGS  
TOAST  
FRUIT  
1% MILK  
LF CHOC MILK

31

