

		<i>Breakfast</i>			<i>September</i>		<i>2019</i>		Fir Ridge		
Monday		Tuesday		Wednesday		Thursday		Friday			
		2		3		4		5		6	
		Breakfast Oatmeal Bar Fruit & Milk		Chicken & Waffles Fruit & Milk		Mini Bagels Fruit & Milk		French Toast Sticks Fruit & Milk			
9		10		11		12		13			
Breakfast Oatmeal Bar Fruit & Milk		Peach Muffin Fruit & Milk		Turkey Ham & Cheese on Bun Fruit & Milk		Pancakes Fruit & Milk		Frudel / Strudel Fruit & Milk			
16		17		18		19		20			
Breakfast Oatmeal Bar Fruit & Milk		Pumpkin Muffin Fruit & Milk		Pancake On A Stick Fruit & Milk		Mini Bagels Fruit & Milk		French Toast Sticks Fruit & Milk			
23		24		25		26		27			
Breakfast Oatmeal Bar Fruit & Milk		Gingerbread Muffin Fruit & Milk		Turkey Sausage Biscuit Fruit & Milk		Pancakes Fruit & Milk		Frudel / Strudel Fruit & Milk			
30											
Breakfast Oatmeal Bar Fruit & Milk											
		<i>Breakfast</i>			<i>October</i>		<i>2019</i>		Fir Ridge		
Monday		Tuesday		Wednesday		Thursday		Friday			
		1		2		3		4			
		Blueberry Muffin Fruit & Milk		Chicken & Waffles Fruit & Milk		Mini Bagels Fruit & Milk		French Toast Sticks Fruit & Milk			
7		8		9		10		11			
Breakfast Oatmeal Bar Fruit & Milk		Pear Muffin Fruit & Milk		Turkey Ham & Cheese on Bun Fruit & Milk		No School		No School			
14		15		16		17		18			
Breakfast Oatmeal Bar Fruit & Milk		Carrot Muffin Fruit & Milk		Pancake On A Stick Fruit & Milk		Mini Bagels Fruit & Milk		Cinnamon Rolls (Bakery) Fruit & Milk			
21		22		23		24		25			
Breakfast Oatmeal Bar Fruit & Milk		Peach Muffin Fruit & Milk		Turkey Sausage Biscuit Fruit & Milk		Pancakes Fruit & Milk		Frudel / Strudel Fruit & Milk			
28		29		30		31					
Breakfast Oatmeal Bar Fruit & Milk		Orange Muffin Fruit & Milk		Chicken & Waffles Fruit & Milk		Mini Bagels Fruit & Milk					
<u>Second Choice each Day</u> <u>2- 1oz cereal Fruit & Milk</u> <u>Third Choice may be offered</u> <u>Is Cooks Choice</u>										Notice Menu Subject to change without Notice	

Additional Nutritional Information available at <http://www.ddouglas.k12.or.us/departments/nutrition-services/>

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