


<i>Breakfast</i>					<i>September</i>					<i>2019</i>					<b>Middle School</b>									
Monday		Tuesday		Wednesday		Thursday		Friday		Monday		Tuesday		Wednesday		Thursday		Friday						
		2		3		4		5		6		9		10		11		12		13				
Breakfast Oatmeal Bar Fruit & Milk		Breakfast Oatmeal Bar Fruit & Milk		Chicken & Waffles Fruit & Milk		Mini Bagels Fruit & Milk		French Toast Sticks Fruit & Milk		Breakfast Oatmeal Bar Fruit & Milk		Peach Muffin Fruit & Milk		Turkey Ham & Cheese on Bun Fruit & Milk		Pancakes Fruit & Milk		Frudel / Strudel Fruit & Milk		16				
Breakfast Oatmeal Bar Fruit & Milk		Pumpkin Muffin Fruit & Milk		Pancake On A Stick Fruit & Milk		Mini Bagels Fruit & Milk		French Toast Sticks Fruit & Milk		Breakfast Oatmeal Bar 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		Breakfast Oatmeal Bar Fruit & Milk		30												
					<i>Breakfast</i>					<i>October</i>					<i>2019</i>					<b>Middle School</b>				
Monday		Tuesday		Wednesday		Thursday		Friday		Monday		Tuesday		Wednesday		Thursday		Friday						
		1		2		3		4		7		8		9		10		11		14				
Breakfast Oatmeal Bar Fruit & Milk		Blueberry Muffin Fruit & Milk		Chicken & Waffles Fruit & Milk		Mini Bagels Fruit & Milk		French Toast Sticks Fruit & Milk		Breakfast Oatmeal Bar Fruit & Milk		Pear Muffin Fruit & Milk		Turkey Ham & Cheese on Bun Fruit & Milk		Pancakes Fruit & Milk		No School		Breakfast Oatmeal Bar Fruit & Milk				
Breakfast Oatmeal Bar Fruit & Milk		Carrot Muffin Fruit & Milk		Pancake On A Stick Fruit & Milk		Mini Bagels Fruit & Milk		Cinnamon Rolls (Bakery) Fruit & Milk		Breakfast Oatmeal Bar 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		Breakfast Oatmeal Bar 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 &amp; Milk</u> <u>Third Choice may be offered</u> <u>Is Cooks Choice</u>																								
																				<b>Notice</b> Menu Subject to change without Notice				

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

**This institution is an equal opportunity provider.**