-2023-**THURSDAY** FRIDAY WEDNESDAY Cereal with Pancakes with Sticky Syrup Egg and Cheese Nutri-Grain Bar/ Pop-Tart Sausage on English Muffin Applesauce with Cinnamon **Mandarin Oranges** Banana Juice Juice Juice Milk Milk Milk MONDAY TUESDAY **Sacred Heart** Cereal with Pancakes with Sticky Syrup French Toast Sticks Cereal with **School** Cinnamon Roll Yogurt/ Pop-Tart with Syrup String Cheese / Pop-Tart Sausage Applesauce with Cinnamon Breakfast Menu **Pineapple Tidbits Orange Slices Diced Peaches** Banana Juice Juice Juice Juice Juice Milk Milk Milk Milk Milk Meal prices: Free Milk \$0.50 Cereal with Cereal with **Blueberry Muffin** Pancakes with Sticky Syrup Egg and Cheese on English Build a better breakfast: Nutri-Grain Bar/ Pop-Tart Applesauce with Nutri-Grain Bar/ Pop-Tart Muffin Sausage Start with 1-2 fruits Applesauce with **Apple Slices** Cinnamon **Orange Slices Mandarin Oranges** Include 1-2 grains Cinnamon Juice Juice Juice Juice Juice Milk Milk Milk Milk Milk Your meal must include a fruit and 2 components. 20 21 22 23 24 Choice of Milk: Cereal with Cinnamon Roll Pancakes with Sticky Syrup Yogurt/ Pop-Tart **Apple Slices** Sausage Fat Free Chocolate **HAVE Pineapple Tidbits** Juice Banana 1% White Milk Juice Juice Milk Milk 27 28 30 Pancakes with Sticky Egg and Cheese Why don't you put the Syrup on English Muffin turkey near the corn? Sausage **GREAT** BRFAK! **Mandarin Oranges Orange Slices** Juice Juice A: It will gobble gobble Milk Milk it up! This institution is an equal opportunity provider. Menu is subject to change. A variety of milk is offered each day.