



October

CLARION-GOLDFIELD-DOWS Schools ~ K-8 BREAKFAST Menus

DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of OCTOBER 3 - 7	WG Cereal Variety or Yogurt Muffin Fruit /Juice Milk	French Toast Stix w / Syrup Fruit/Juice Milk	WG Cereal Variety or Yogurt Toast/P.B. Fruit/Juice Milk	Egg Cheese Omelet Toast Fruit/Juice Milk	WG Cereal Variety or Yogurt Muffin Fruit /Juice Milk
Week of... OCTOBER 10 - 14	Smuckers PBJ Or Pillsbury cream cheese Bagels Fruit/Juice Milk	Bacon Scramble Brkfst Pizza Fruit/Juice Milk	WG Cereal Variety or Yogurt Muffin Fruit /Juice Milk	Scrambled Egg Sausage Boat Fruit/Juice Milk	WG Cereal Variety or Yogurt Toast/Jelly Fruit/Juice Milk
Week of... OCTOBER 17 - 21	WG Cereal Variety or Yogurt Pwd. Sugar Donut Fruit /Juice Milk	Egg Cheese Biscuit Sandwich Fruit/Juice Milk	WG Cereal Variety or Yogurt Cinnamon Roll Fruit /Juice Milk	Pancake Sausage On a Stick/ Syrup Fruit/Juice Milk	WG Cereal Variety or Yogurt Granola Bar Fruit /Juice Milk
Week of... OCTOBER 24 - 28	WG Cereal Variety or Yogurt Muffin Fruit /Juice Milk	French Toast Stix w / Syrup Fruit/Juice Milk	WG Cereal Variety or Yogurt Toast/P.B. Fruit/Juice Milk	Egg Cheese Omelet Toast Fruit/Juice Milk	WG Cereal Variety or Yogurt Muffin Fruit /Juice Milk
Week of... OCTOBER 31	Smuckers PBJ Or Pillsbury cream cheese Bagels Fruit/Juice Milk				
Menu is subject to change without notice.					

REQUIREMENTS FOR REIMBURSABLE SCHOOL BREAKFAST

3 Daily Breakfast Component Requirements — Grains, Juice/Fruit/Vegetable and Milk

At least 4 food items are offered daily, and students must take at least 3 items, one of which MUST be at least 1/2 cup of juice, fruit or vegetable.



Skim, Skim Chocolate & 1% Milk offered daily.
Vegetables and fruits may be offered interchangeably.
Whole Grain Buns and Breads are always used.
Meat/meat alternate may be offered in place of part of grain component after minimum daily grains requirement is offered.