


# BREAKFAST

FREE BREAKFAST FOR ALL STUDENTS

SEPTEMBER 2011

HIGH SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<div style="border: 1px solid black; padding: 5px;"> <p><b>BREAKFAST FACT</b></p> <p><b>MyPyramid recommends<sup>1</sup>:</b></p> <p>"Start smart with breakfast. Look for whole-grain cereals."</p>  </div>		FRENCH TOAST STICKS <b>1</b> JUICE MILK	BISCUIT AND SAUSAGE <b>2</b> GRAVY JUICE MILK
NO SCHOOL LABOR DAY <b>5</b>	PANCAKE ON A STICK <b>6</b> SYRUP JUICE MILK	SCRAMBLED EGGS <b>7</b> BACON TOAST JUICE MILK	BREAKFAST PIZZA <b>8</b> JUICE MILK	BISCUIT AND SAUSAGE <b>9</b> GRAVY JUICE MILK
MUFFIN CEREAL JUICE MILK <b>12</b>	PANCAKES <b>13</b> SAUSAGE JUICE MILK	SCRAMBLED EGGS <b>14</b> BACON TOAST JUICE MILK	LONG JOHN CEREAL JUICE MILK <b>15</b>	BISCUIT AND SAUSAGE <b>16</b> GRAVY JUICE MILK
SAUSAGE PATTY TRI TATOR TOAST JUICE MILK <b>19</b>	CEREAL <b>20</b> YOGURT CINNAMON TOAST JUICE MILK	SCRAMBLED EGGS <b>21</b> BACON TOAST JUICE MILK	BREAKFAST PIZZA <b>22</b> JUICE MILK	BISCUIT AND SAUSAGE <b>23</b> GRAVY JUICE MILK
EGG AND CHEESE <b>26</b> BISCUIT JUICE MILK	LONG JOHN <b>27</b> CEREAL JUICE MILK	SCRAMBLED EGGS <b>28</b> BACON TOAST JUICE MILK	FRENCH TOAST STICKS <b>29</b> SYRUP JUICE MILK	BISCUIT AND SAUSAGE <b>30</b> GRAVY JUICE MILK

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER  
 KIM DAVIS FOOD SERVICE MANAGER: 918-786-3003 ex. 1123  
 KATHIE HANNA ASST, Allergies and Special Dietary Needs  
 918-786-3003 Ex. 1123  
 Quannah Dick Head Cook 918-787-5943

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FRUIT OFFERED DAILY WITH BREAKFAST