

BPS EATS

OCTOBER BREAKFAST MENU

Additional Daily Breakfast Options

***Pick Up to 2 Items** - Cinnamon Chex, Rice Chex, Cheerios, Multigrain Cheerios, Mozzarella Cheese Stick, Cinnamon Grahams, Hard Boiled Egg, Non-Fat Vanilla Yogurt, Jeff's Cinnamon Raisin Granola

***One item listed above can be paired with a smoothie, or muffin when these options are on the menu**

Milk Choices:

Nonfat & 1% Unflavored Milk

Menu Details:

- All grain products are whole grain-rich (WG)
- Meats are lean and cheeses are low-fat
- A variety of fruits offered daily with all entrees
- Menus are peanut aware
- “V” indicates vegetarian meal option
- “H” indicates halal version available
- Kosher meals are available upon request by families
- Please note: If you have a food allergy please speak to the school nurse and advise your kitchen manager



Did You Know?
Breakfast and Lunch are **FREE** for all students
Menu is subject to change



This institution is an equal opportunity provider

Breakfast Menu 1

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Sausage & Cheese English Muffin ^H OR Strawberry Banana Smoothie ^V and choice of one additional item	2 Homemade Blueberry Muffin ^V and choice of one additional item OR Pineapple Banana Smoothie ^V and choice of one additional item	3 Local One Mighty Mill Whole Grain Bagel ^V with Cream Cheese OR Purple People Eater Smoothie ^V with choice of one additional item	4 Cinnamon Brown Sugar Oatmeal ^V OR Green Monster Smoothie ^V and choice of one additional item
7 Egg Quesadilla with Veggies ^V	8 Egg, Sausage & Cheese Sandwich ^H OR Strawberry Banana Smoothie ^V and choice of one additional item	9 Homemade Banana Oat Muffin ^V and choice of one additional item OR Green Monster Smoothie ^V and choice of one additional item	10 Strawberry Overnight Oats ^V OR Cocoa Strawberry Smoothie ^V and choice of one additional item	11 French Toast Muffin ^V and choice of one additional item OR Purple People Eater Smoothie and choice of one additional item
14 CLOSED	15 Sausage & Cheese English Muffin ^H OR Strawberry Banana Smoothie ^V and choice of one additional item	16 Homemade Blueberry Muffin ^V and choice of one additional item OR Pineapple Banana Smoothie ^V and choice of one additional item	17 Berry Parfait ^V OR Purple People Eater Smoothie ^V with choice of one additional item	18 Cinnamon Brown Sugar Oatmeal ^V OR Green Monster Smoothie ^V and choice of one additional item
21 Egg Quesadilla with Veggies ^V	22 Egg, Sausage & Cheese Sandwich ^H OR Strawberry Banana Smoothie ^V and choice of one additional item	23 Homemade Banana Oat Muffin ^V and choice of one additional item OR Green Monster Smoothie ^V and choice of one additional item	24 Strawberry Overnight Oats ^V OR Cocoa Strawberry Smoothie ^V and choice of one additional item	25 French Toast Muffin ^V and choice of one additional item OR Purple People Eater Smoothie and choice of one additional item
28 Veggie Egg Bite with English Muffin	29 Sausage & Cheese English Muffin ^H OR Strawberry Banana Smoothie ^V and choice of one additional item	30 Homemade Blueberry Muffin ^V and choice of one additional item OR Pineapple Banana Smoothie ^V and choice of one additional item	31 Berry Parfait ^V OR Purple People Eater Smoothie ^V with choice of one additional item	Scan the QR code to access nutrition information, allergen information, and specific fruit offerings

OCTOBER PRESCHOOL BREAKFAST MENU

Menu Details:

- 1% unflavored milk served with each meal
- Local apples featured regularly
 - All grain products are whole grain-rich (WG)
- Meats are lean and cheeses are low-fat
 - Menus are peanut aware
- “V” indicates vegetarian meal option
 - “H” indicates halal version available
- Kosher meals are available upon request by families



Scan the QR code to access nutrition information, allergen information, and specific fruit offerings



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Preschool Breakfast Menu 1

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Sausage & Cheese English Muffin ^H ~ Clementines	2 Homemade Blueberry Muffin ^V ~ Apple	3 Local One Mighty Mill Whole Grain Bagel ^V with Cream Cheese ~ Pear	4 Cinnamon Brown Sugar Oatmeal ^V ~ Banana
7 Egg Quesadilla with Veggies ^V ~ Orange	8 Egg, Sausage & Cheese Sandwich ^H ~ Clementines	9 Homemade Banana Oat Muffin ^V ~ Apple	10 Strawberry Overnight Oats ^V ~ Pear	11 French Toast Muffin ^V ~ Banana
14 CLOSED	15 Sausage & Cheese English Muffin ^H ~ Clementines	16 Homemade Blueberry Muffin ^V ~ Apple	17 Vanilla Yogurt ^V ~ Pear	18 Cinnamon Brown Sugar Oatmeal ^V ~ Banana
21 Egg Quesadilla with Veggies ^V ~ Orange	22 Egg, Sausage & Cheese Sandwich ^H ~ Clementines	23 Homemade Banana Oat Muffin ^V ~ Apple	24 Strawberry Overnight Oats ^V ~ Pear	25 French Toast Muffin ^V ~ Banana
28 Veggie Egg Bite with English Muffin ^V ~ Orange	29 Sausage & Cheese English Muffin ^H ~ Clementines	30 Homemade Blueberry Muffin ^V ~ Apple	31 Vanilla Yogurt ^V ~ Pear	