



# Plainfield High School Breakfast

October 2017

<b>2</b> <b>Omelet Bar</b> Sausage, Egg & Cheese Bagel Pumpkin Spice Glazed Donut <hr/> <b>side items</b> Fresh Apple 1% or Skim Milk	<b>3</b> <b>Omelet Bar</b> Turkey Sausage & Cheese English Muffin Pumpkin Spice Glazed Donut <hr/> <b>side items</b> Raisins 1% or Skim Milk	<b>4</b> <b>Omelet Bar</b> French Toast Sticks Pumpkin Spice Glazed Donut <hr/> <b>side items</b> Fresh Pear 1% or Skim Milk	<b>5</b> <b>Omelet Bar</b> Chicken Biscuit Pumpkin Spice Glazed Donut <hr/> <b>side items</b> Fresh Banana 1% or Skim Milk	<b>6</b> <b>Omelet Bar</b> Turkey Bacon, Egg & Cheese Flatbread Pumpkin Spice Glazed Donut <hr/> <b>side items</b> Fresh Grapes 1% or Skim Milk
<b>9</b> School Closed <hr/> <b>side items</b>	<b>10</b> <b>MTO Sandwich Bar</b> Blueberry Muffin Pumpkin Spice Glazed Donut <hr/> <b>side items</b> Mango Peach Applesauce 1% or Skim Milk	<b>11</b> <b>MTO Sandwich Bar</b> Banana Muffin Pumpkin Spice Glazed Donut <hr/> <b>side items</b> Fresh Peach 1% or Skim Milk	<b>12</b> <b>MTO Sandwich Bar</b> Chocolate Chip Muffin Pumpkin Spice Glazed Donut <hr/> <b>side items</b> Raisins 1% or Skim Milk	<b>13</b> <b>MTO Sandwich Bar</b> Pancakes w/ Maple Syrup Pumpkin Spice Glazed Donut <hr/> <b>side items</b> Fresh Grapes 1% or Skim Milk
<b>16</b> <b>Waffle Bar</b> French Toast Sticks Pumpkin Spice Glazed Donut <hr/> <b>side items</b> Fresh Apple 1% or Skim Milk	<b>17</b> <b>Waffle Bar</b> Turkey Sausage & Cheese English Muffin Pumpkin Spice Glazed Donut <hr/> <b>side items</b> Fresh Plum 1% or Skim Milk	<b>18</b> <b>Waffle Bar</b> Sausage, Egg & Cheese Bagel Pumpkin Spice Glazed Donut <hr/> <b>side items</b> Fresh Pear 1% or Skim Milk	<b>19</b> <b>Waffle Bar</b> Chicken Biscuit Pumpkin Spice Glazed Donut <hr/> <b>side items</b> Raisins 1% or Skim Milk	<b>20</b> <b>Waffle Bar</b> Turkey Bacon, Egg & Cheese Flatbread Pumpkin Spice Glazed Donut <hr/> <b>side items</b> Fresh Grapes 1% or Skim Milk
<b>23</b> <b>Omelet Bar</b> French Toast Sticks Pumpkin Spice Glazed Donut <hr/> <b>side items</b> Fresh Apple 1% or Skim Milk	<b>24</b> <b>Omelet Bar</b> Pancakes w/ Maple Syrup Pumpkin Spice Glazed Donut <hr/> <b>side items</b> Fresh Peach 1% or Skim Milk	<b>25</b> <b>Omelet Bar</b> Turkey Ham, Egg & Cheese Burrito Pumpkin Spice Glazed Donut <hr/> <b>side items</b> Applesauce 1% or Skim Milk	<b>26</b> <b>Omelet Bar</b> Waffles w/ Maple Syrup Pumpkin Spice Glazed Donut <hr/> <b>side items</b> Raisins 1% or Skim Milk	<b>27</b> <b>Omelet Bar</b> Turkey Sausage & Cheese Flatbread Pumpkin Spice Glazed Donut <hr/> <b>side items</b> Fresh Grapes 1% or Skim Milk
<b>30</b> <b>MTO Sandwich Bar</b> French Toast Sticks Pumpkin Spice Glazed Donut <hr/> <b>side items</b> Fresh Apple 1% or Skim Milk	<b>31</b> <b>MTO Sandwich Bar</b> Turkey Sausage & Cheese English Muffin Pumpkin Spice Glazed Donut <hr/> <b>side items</b> Fresh Peach 1% or Skim Milk	<b>1</b> <hr/> <b>side items</b>	<b>2</b> <hr/> <b>side items</b>	<b>3</b> <hr/> <b>side items</b>

No pork products are offered. We serve only Chicken Pepperoni, Turkey Sausage and/ or Chicken Ham.

Local ingredients are always used when in season

Ovo-Lacto Vegetarian, may contain Egg & Milk

Nutritional Messages may vary by school.

### Available Daily



Assorted Cold Cereals

We use all whole grain products



1% and Lowfat Milk

This institution is an equal opportunity provider.

