

# October 2017

## Parkers Prairie Public Schools

### BREAKFAST



**Breakfast Milk Options: 1% or Skim**  
**Lactose reduced milk provided on written request**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

Ham Patty  
Waffle  
Mixed Fruit  
Apple Juice

2

### Tuesday

Cereal , Toast  
Raisins  
Pineapple Sauce  
Orange Juice

3

### Wednesday

Sausage Links  
Whole Wheat Pancake  
Apple Sauce  
Grape Juice

4

### Thursday

Blueberry Muffin  
Cheese Stick  
Peach Sauce  
Apple Juice

5

### Friday

Breakfast Round  
Cheese Stick  
Pear Sauce  
Apple

6

Graham Cracker  
Cheese Stick, Yogurt  
Pineapple Sauce  
Orange Juice

9

Breakfast Pizza  
Mixed Fruit  
Grape Juice

10

Cowboy Bread  
Cheese Stick  
Peach Sauce  
Apple Juice

11

Ham & Cheese on  
Biscuit  
Pear Sauce  
Orange Juice

12

Whole Grain Cinnamon  
Roll  
Cheese Stick  
Apple Sauce  
Apple

13

Pancake & Sausage  
on Stick  
Mixed Fruit  
Grape Juice

16

Ham Patty  
French Toast  
Pineapple Sauce  
Apple Juice

17

Donut  
Cheese Stick  
Pear Sauce  
Orange

18

NO SCHOOL

19

NO SCHOOL

20

Banana Muffin  
Cheese Stick  
Apple Sauce  
Orange Juice

23

Breakfast Burrito  
Mandarin Oranges  
Grape Juice

24

Apple Frudel  
Cheese Stick  
Pear Sauce  
Apple Juice

25

Sausage Links  
Scrambled Eggs  
English Muffin  
Peach Sauce  
Grape Juice

26

Strawberry Cream  
Cheese Mini Bagel  
Cheese Stick  
Mixed Fruit  
Apple

27

Breakfast Pizza  
Pineapple Sauce  
Apple Juice

30

Trix Cereal Bar  
Cheese Stick  
Pear Sauce  
Grape Juice

31

