

# October Breakfast



SECONDARY 2022



<p><b>M 3</b></p> <p><b>Hot Breakfast Bar Choose From:</b> English Muffin, Biscuit, Waffles, Breakfast Chicken Filet, Egg Patty</p> <p><b>Cold Breakfast Bar:</b> Assorted Cereals, Protein Options, and Build your own Yogurt Parfait</p>	<p><b>T 4</b></p> <p><b>Hot Breakfast Bar Choose From:</b> English Muffin, Biscuit, Waffles, Breakfast Chicken Filet, Egg Patty</p> <p><b>Cold Breakfast Bar:</b> Assorted Cereals, Protein Options, and Build your own Yogurt Parfait</p>	<p><b>W 5</b></p> <p><b>NO SCHOOL</b></p>	<p><b>T 6</b></p> <p><b>Hot Breakfast Bar Choose From:</b> English Muffin, Biscuit, Waffles, Breakfast Chicken Filet, Egg Patty</p> <p><b>Cold Breakfast Bar:</b> Assorted Cereals, Protein Options, and Build your own Yogurt Parfait</p>	<p><b>F 7</b></p> <p><b>Hot Breakfast Bar Choose From:</b> English Muffin, Biscuit, Waffles, Breakfast Chicken Filet, Egg Patty</p> <p><b>Cold Breakfast Bar:</b> Assorted Cereals, Protein Options, and Build your own Yogurt Parfait</p>
<p><b>M 10</b></p> <p><b>Hot Breakfast Bar Choose From:</b> Cinnamon Glazed French Toast, Biscuit, Pancakes, Scrambled Eggs, Turkey Sausages</p> <p><b>Cold Breakfast Bar:</b> Assorted Cereals, Protein Options, and Build your own Yogurt Parfait</p>	<p><b>T 11</b></p> <p><b>Hot Breakfast Bar Choose From:</b> Cinnamon Glazed French Toast, Biscuit, Pancakes, Scrambled Eggs, Turkey Sausages</p> <p><b>Cold Breakfast Bar:</b> Assorted Cereals, Protein Options, and Build your own Yogurt Parfait</p>	<p><b>W 12</b></p> <p><b>Hot Breakfast Bar Choose From:</b> Cinnamon Glazed French Toast, Biscuit, Pancakes, Scrambled Eggs, Turkey Sausages</p> <p><b>Cold Breakfast Bar:</b> Assorted Cereals, Protein Options, and Build your own Yogurt Parfait</p>	<p><b>T 13</b></p> <p><b>Hot Breakfast Bar Choose From:</b> Cinnamon Glazed French Toast, Biscuit, Pancakes, Scrambled Eggs, Turkey Sausages</p> <p><b>Cold Breakfast Bar:</b> Assorted Cereals, Protein Options, and Build your own Yogurt Parfait</p>	<p><b>F 14</b></p> <p><b>Hot Breakfast Bar Choose From:</b> Cinnamon Glazed French Toast, Biscuit, Pancakes, Scrambled Eggs, Turkey Sausages</p> <p><b>Cold Breakfast Bar:</b> Assorted Cereals, Protein Options, and Build your own Yogurt Parfait</p>
<p><b>M 17</b></p> <p><b>Hot Breakfast Bar Choose From:</b> English Muffin, Biscuit, Waffles, Breakfast Chicken Filet, Egg Patty</p> <p><b>Cold Breakfast Bar:</b> Assorted Cereals, Protein Options, and Build your own Yogurt Parfait</p>	<p><b>T 18</b></p> <p><b>Hot Breakfast Bar Choose From:</b> English Muffin, Biscuit, Waffles, Breakfast Chicken Filet, Egg Patty</p> <p><b>Cold Breakfast Bar:</b> Assorted Cereals, Protein Options, and Build your own Yogurt Parfait</p>	<p><b>W 19</b></p> <p><b>MEA BREAK NO SCHOOL</b></p>	<p><b>T 20</b></p> <p><b>MEA BREAK NO SCHOOL</b></p>	<p><b>F 21</b></p> <p><b>MEA BREAK NO SCHOOL</b></p>
<p><b>M 24</b></p> <p><b>Hot Breakfast Bar Choose From:</b> Cinnamon Glazed French Toast, Biscuit, Pancakes, Scrambled Eggs, Turkey Sausages</p> <p><b>Cold Breakfast Bar:</b> Assorted Cereals, Protein Options, and Build your own Yogurt Parfait</p>	<p><b>T 25</b></p> <p><b>Hot Breakfast Bar Choose From:</b> Cinnamon Glazed French Toast, Biscuit, Pancakes, Scrambled Eggs, Turkey Sausages</p> <p><b>Cold Breakfast Bar:</b> Assorted Cereals, Protein Options, and Build your own Yogurt Parfait</p>	<p><b>W 26</b></p> <p><b>Hot Breakfast Bar Choose From:</b> Cinnamon Glazed French Toast, Biscuit, Pancakes, Scrambled Eggs, Turkey Sausages</p> <p><b>Cold Breakfast Bar:</b> Assorted Cereals, Protein Options, and Build your own Yogurt Parfait</p>	<p><b>T 27</b></p> <p><b>Hot Breakfast Bar Choose From:</b> Cinnamon Glazed French Toast, Biscuit, Pancakes, Scrambled Eggs, Turkey Sausages</p> <p><b>Cold Breakfast Bar:</b> Assorted Cereals, Protein Options, and Build your own Yogurt Parfait</p>	<p><b>F 28</b></p> <p><b>Hot Breakfast Bar Choose From:</b> Cinnamon Glazed French Toast, Biscuit, Pancakes, Scrambled Eggs, Turkey Sausages</p> <p><b>Cold Breakfast Bar:</b> Assorted Cereals, Protein Options, and Build your own Yogurt Parfait</p>
<p><b>M 31</b></p> <p><b>Hot Breakfast Bar Choose From:</b> English Muffin, Biscuit, Waffles, Breakfast Chicken Filet, Egg Patty</p> <p><b>Cold Breakfast Bar:</b> Assorted Cereals, Protein Options, and Build your own Yogurt Parfait</p>	<p><b>SELECTION OF FRUIT &amp; MILK OFFERED DAILY</b></p>			

This institution is an equal opportunity provider. [cws.mpls.k12.mn.us](http://cws.mpls.k12.mn.us)

Due to supply chain and distribution issues impacting our district and the world, our menu is subject to change. Keep this in mind when reviewing our printed and on-line menus. For the most up to date information, visit [cws.mpls.k12.mn.us](http://cws.mpls.k12.mn.us).