

BREAKFAST

OCTOBER 2019

ST MALACHY

THIS IS AN EQUAL OPPORTUNITY
PROVIDER
AND JUSTICE FOR ALL™

Monday

7
SAUSAGE PATTY

14
POFTARTS

21
EGG CHEESE
OMELET

28
POFTARTS

Tuesday

1
PANCAKES
SYRUP

8
FRENCH TOAST STICKS
SYRUP

15
EGG PATTY

22
FRUIT FRUDDLE

29
PANCAKE SAUSAGE
WRAP
SYRUP

Wednesday

2
BREAKFAST PIZZA

9
EGG/CHEESE OMELET

16
PANCAKE SAUSAGE
WRAP
SYRUP

23
WG WAFFLE STICK
SYRUP

30
EGG WRAP

Thursday

3
EGG PATTY

10
EGG WRAP

17
EGG AND CHEESE
ENGLISH MUFFIN
BREAKFAST SANDWICH

24
CINNAMON ROLL

31
PUMPKIN BREAD
EGG PATTY

Friday

4
CINNAMON ROLL

11
PANTHER PANCAKE
DAY

18
BREAKFAST PIZZA

25
NO SCHOOL



WHOLE GRAIN-(WG) CEREAL, 1/2 CUP FRUIT OR 1/2 CUP FRUIT JUICE AND MILK WILL BE OFFERED FOR BREAKFAST DAILY.
CHOICE OF MILK-WHITE SKIM, CHOCOLATE SKIM AND 1% WHITE IS OFFERED AT BREAKFAST. WATER IS AVAILABLE AT ALL MEALS
OFFER VS SERVE- YOU MUST PICK A FRUIT OR FRUIT JUICE AND MUST HAVE 3 COMPONENTS ON YOUR TRAY