

October 2020

High School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Bagel with Sausage, Egg and Cheese Apple Frudel* Mixed Fruit, Apple Juice	2 Bagel with Sausage, Egg and Cheese Apple Frudel* Mixed Fruit, Apple Juice
5 Meal Kit Monday (See Separate Menu)	6 Bagel with Sausage, Egg and Cheese Strawberry Mini Bagels* Peaches, Apple Juice	7 Bagel with Sausage, Egg and Cheese Strawberry Mini Bagels* Peaches, Apple Juice,	8 Bagel with Sausage, Egg and Cheese Chocolate Muffin with Animal Crackers* Mixed Fruit, Apple Juice	9 Bagel with Sausage, Egg and Cheese Chocolate Muffin with Animal Crackers* Mixed Fruit, Apple Juice
12 Meal Kit Monday (See Separate Menu)	13 Bagel with Bacon, Egg and Cheese Cherry Frudel* Applesauce, Apple Juice	14 Bagel with Bacon, Egg and Cheese Cherry Frudel* Applesauce, Apple Juice	15 Bagel with Bacon, Egg and Cheese Fudge Poptart with Animal Crackers* Peaches, Apple Juice	16 Bagel with Bacon, Egg and Cheese Fudge Poptart with Animal Crackers* Peaches, Apple Juice
19 Meal Kit Monday (See Separate Menu)	20 Bagel with Sausage, Egg and Cheese Chocolate Chip Breakfast Bar* Pears, Apple Juice	21 Bagel with Sausage, Egg and Cheese Chocolate Chip Breakfast Bar* Pears, Apple Juice	22 Bagel with Sausage, Egg and Cheese Blueberry Muffin with Animal Crackers* Applesauce, Apple Juice	23 Bagel with Sausage, Egg and Cheese Blueberry Muffin with Animal Crackers* Applesauce, Apple Juice
26 Meal Kit Monday (See Separate Menu)	27 Bagel with Bacon, Egg and Cheese Bagel with Cream Cheese* Peaches, Apple Juice	28 Bagel with Bacon, Egg and Cheese Bagel with Cream Cheese* Peaches, Apple Juice	29 Bagel with Bacon, Egg and Cheese Strawberry Poptart with Animal Crackers* Pears, Apple Juice	30 Bagel with Bacon, Egg and Cheese Strawberry Poptart with Animal Crackers* Pears, Apple Juice

Available Daily

- **Milk:** Skim Chocolate, 1% White

* = Lacto-Ovo Vegetarian entree, may contain milk and eggs

Meal Kit Mondays

Stop by one of the schools listed below between 10:00am and 11:30am to pick up a kit containing breakfast and lunch meals for 3 days: Donegan, Fountain Hill, Marvine, Broughal, Northeast. Meals will be charged to student accounts. See Monday Meal Distribution menu.

Menus are subject to change without notice. This institution is an equal opportunity provider.

Meals are free for all children.

A meal includes entrée, up to two fruit sides and choice of milk. To make a meal, students must select 3 or 4 items. At least one item must be a ½ cup fruit or 4 oz fruit juice. Meals without a fruit will be charged a la carte pricing.

For more information, visit us online at:

<https://www.basdschools.org/dining>

