





Northwestern School District Breakfast Menu October 2016

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Yogurt with Jungle Crackers Assorted Juice or Fruit Low Fat Milk	4 Pancake Minis Assorted Juice or Fruit Low Fat Milk	5 Banana Bread Assorted Juice or Fruit Low Fat Milk	6 Waffle Minis Assorted Juice or Fruit Low Fat Milk 	7 Benefit Bar Assorted Juice or Fruit Low Fat Milk
10  Whole Grains Available Daily	11 Cinni Minis Assorted Juice or Fruit Low Fat Milk	12 Whole Grain Muffin with Jungle Crackers Assorted Juice or Fruit Low Fat Milk	13 Egg and Cheese Taco Assorted Juice or Fruit Low Fat Milk	14 Whole Grain Goody Ring Assorted Juice or Fruit Low Fat Milk
17 Yogurt with Jungle Crackers Assorted Juice or Fruit Low Fat Milk	18 Whole Grain Donuts Assorted Juice or Fruit Low Fat Milk	19 French Toast Minis Assorted Juice or Fruit Low Fat Milk 	20 Whole Grain Muffin with Jungle Crackers Assorted Juice or Fruit Low Fat Milk	21 Mini Bagels Assorted Juice or Fruit Low Fat Milk
24 Yogurt with Jungle Crackers Assorted Juice or Fruit Low Fat Milk	25 Breakfast Pizza Assorted Juice or Fruit Low Fat Milk	26 Pancake Minis Assorted Juice or Fruit Low Fat Milk	27 Cinni Minis Assorted Juice or Fruit Low Fat Milk	28 Benefit Bar Assorted Juice or Fruit Low Fat Milk 

What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

Middle & High School Options May Include:

Banana or Blueberry Muffins
Chocolate Chip Oatmeal Breakfast Bar
Warm Grab & Go Breakfast Sandwiches
Fortified Breakfast Pastries
Warm Bagels
Yogurt & Toast
Hot Breakfast Sandwich
Cereal with Whole Grain Jungle Crackers

Variety of Fresh Fruit, 100% Fruit Juice and



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
Fat Free White and Low Fat White

Proud to manage your food service program



Meal Prices:
Elementary Paid \$1.00
Middle/High Paid \$1.10
Reduced \$.30

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

MENUS SUBJECT TO CHANGE