

# Menus

**School:** Peoria Heights Grade School

**Academic Year:** 2019-20

**Meal:** Breakfast

**Month:** October 2019

October				
M	Tu	W	Th	F
30 Blueberry waffles, yogurt w/granola, cereal or Poptart Juice, Fruit and Milk	1 Breakfast Pizza, mini donuts, cereal or Poptart Juice, Fruit and Milk	2 Donuts, yogurt w/granola, cereal or Poptart Juice, Fruit and Milk	3 French toast w/ sausage, mini donuts, cereal or Poptart Juice, Fruit and Milk	4 Cinnamon Roll w/ sausage, yogurt w/granola, cereal or Poptart Juice, Fruit and Milk
7 Egg & Cheese Omelet Donuts Cereal or Pop-tart Juice, Fruit and Milk	8 Breakfast Pizza, Bagels, Yogurt w/ fruit and granola Cereal or Pop-tart Juice, Fruit and Milk	9 Strawberry Pancakes Mini Donuts Cereal or Pop-tart Juice, Fruit and Milk	10 Cinnamon Rolls w/Sausage Yogurt w/fruit and granola Cereal or Pop-tart Juice, Fruit and Milk	11 Breakfast Burrito w/ salsa Donuts Cereal or Pop-tart Juice, Fruit and Milk
14	15 Breakfast Pizza Yogurt w/ fruit and granola Cereal or Pop-tart Juice, Fruit and Milk	16 Bagel Yogurt w/ fruit and granola Cereal or Pop-tart Juice, Fruit and Milk	17 French Toast w/sausage Mini Donuts Cereal or Pop-tart Juice, Fruit and Milk	18 Cinnamon Roll w/sausage Yogurt w/ fruit and granola Cereal or Pop-tart Juice, Fruit and Milk
21 Egg and Cheese Omelet Donuts or bagel Cereal or Pop-tart Juice, Fruit and Milk	22 Breakfast Pizza Sliders Yogurt w/fruit and granola Cereal or Pop-tart Juice, Fruit and Milk	23 Pancake and Sausage on a stick Mini Donuts Cereal or Pop-tart Juice, Fruit and Milk	24 Cinnamon Rolls w/sausage Yogurt w/ fruit and granola Cereal or Pop-tart Juice, Fruit and Milk	25 Breakfast Biscuit Donuts Cereal or Pop-tart Juice, Fruit and Milk
28 Blueberry waffle Yogurt w/fruit and granola Cereal or Pop-tart Juice, Fruit and Milk	29 Breakfast Pizza Mini Donuts Cereal or Pop-tart Juice, Fruit and Milk	30 Donuts Yogurt w/ fruit and granola Cereal or Pop-tart Juice, Fruit and Milk	31 French Toast w/sausage Mini Donuts Cereal or Pop-tart Juice, Fruit and Milk	1 Cinnamon Rolls w/sausage Yogurt w/granola Cereal or Pop-tart Juice, Fruit and Milk