








Jr/Sr High School **October** Breakfast 2023

MONDAY	TUESDAY	Wednesday	Thursday	Friday
2 Egg Patty & Tater Tots with Churro or Honey Bun or Parfait ----- Bab-Honey Bun	3 Tornado or Donut or Parfait 	4 Breakfast Pizza or Honey Bun or Parfait ----- Bab-Honey Bun	5 Pancake & Syrup & Sausage Patty or Donut or Parfait ----- Bab-Pop Tart	6 Breakfast Combo & Churro or Honey Bun or Parfait ----- Bab-Honey Bun
9 Egg Patty & Tater Tots with Churro or Donut or Parfait  ----- Bab-Cereal Bar	10 Breakfast Pizza or Dutch Waffle or Parfait ----- Bab-Honey Bun	11 Cinnamon Roll or Donut or Parfait ----- Bab-Cereal Bar	12 Breakfast Combo & Churro or Dutch Waffle or Parfait  ----- Bab-Honey Bun	13 Cheese Quesadilla or Donut or Parfait ----- Bab-Cereal Bar
16 Cereal Bar Fruit & Milk	17 Pop Tart Fruit & Milk 	18 Cereal Bar Fruit & Milk 	19 Pop Tart Fruit & Milk 	20 Cereal Bar Fruit & Milk
23 Omelet & Graham or Donut or Parfait ----- Bab-Cereal Bar	24 Breakfast Pizza or Dutch Waffle or Parfait ----- Bab-Honey Bun	25 Cereal & Toast or Donut or Parfait ----- Bab-Cereal Bar	26 Tornado or Dutch Waffle or Parfait ----- Bab-Honey Bun	27 Scramble Eggs & Ham with Tortilla or Donut or Parfait ----- Bab-Cereal Bar
30 Cereal & Toast or Honey Bun or Parfait ----- Bab-Honey Bun	31 French Toast & Syrup or Donut or Parfait ----- Bab-Pop Tart			

Always 1% white or non fat chocolate milk and Silk (lactose free Soy) vanilla or chocolate milk provided.

Fresh apples, oranges, bananas, cupped fruit and juice served with breakfast.

Highland School District is an equal opportunity provider.