

# OCTOBER 2019 BREAKFAST MENU

CRISTO REY BROOKLYN HS



Menu is subject to change based on market availability

	Monday	Tuesday	Wednesday	Thursday	Friday
		2	3	4	5
Rise & Shine Hot Breakfast		WG Poptarts	Egg & Cheese WG Croissant	WG Mini Maple Pancakes	WG Chocolate Chip Cookies
	7	8	9	10	11
Rise & Shine Hot Breakfast	WG Poptarts	WG Mini Maple Pancakes	Egg & Cheese WG Croissant	WG French Toast Sticks	WG Chocolate Chip Cookies
	14	15	16	17	18
Rise & Shine Hot Breakfast	WG Poptarts	WG Fresh Baked Muffins	WG Mini Maple Pancakes	WG Bacon & Egg Croissant	WG Chocolate Chip Cookies
	21	22	23	24	25
Rise & Shine Hot Breakfast	WG French Toast Sticks	Bacon & Egg WG Sandwich	WG Mini Maple Pancakes	WG Fresh Baked Muffins	WG Chocolate Chip Cookies
	28	29	30	31	
Rise & Shine Hot Breakfast	WG Mini Maple Pancakes	Egg & Cheese WG Croissant	WG French Toast Sticks	WG Fresh Baked Muffins	

Each breakfast includes choice of 1% white or fat free chocolate milk. A choice of fresh fruit or fruit cup, and choice of 100% juice beverage.

Alternative: WG Cereal or a variety of Fat Free Yogurts