

OCTOBER 2022

SOUTHGATE ACADEMY

BREAKFAST

This institution is an equal opportunity provider.

Menu subject to change



Cinnamon Roll Day is October 4. Start your day in a fun way with a cinnamon roll. Don't forget to add a glass of milk and a side of fruit to complete your meal!



MONDAY

3

TUESDAY

4

WEDNESDAY

5

THURSDAY

6

FRIDAY

7

Cereal
Toast
Banana
Choice of Milk

10

French Toast
Blue Berries
Choice of Milk

11

Scrambled Eggs
Bacon Slice
Fruit Cup
Choice of Milk

12

Yogurt Parfait
Blue Berries
Choice of Milk

13

Cheerios Cereal Bar
Peaches
Choice of Milk

14

Chilaquiles
Mixed Fruit Cup
Choice of Milk

Waffles
Watermelon
Choice of Milk

18

Egg Burrito
Fruit Cup
Choice of Milk

19

Pancakes
Raspberries
Choice of Milk

20

Cheerios Cereal Bar
Peaches
Choice of Milk

21

Cereal
Cheese Stick
Applesauce
Choice of Milk

24

French Toast
Blue Berries
Choice of Milk

25

Scrambled Eggs
Bacon Slice
Fruit Cup
Choice of Milk

26

Yogurt Parfait
Blue Berries
Choice of Milk

27

National Chocolate Day
Cheerios Cereal Bar
Peaches
Choice of Milk

28

Halloween
Chilaquiles
Mixed Fruit Cup
Choice of Milk

31

