



Payson High School
October 2017
Breakfast Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OCTOBER 2nd – 6th
FALL BREAK – NO SCHOOL

We can't make students smarter but with improved nutrition and physical activity, we can put a better student in the chair. Robert Murray MD

9
 1. Blueberry Breakfast on a Stick
 2. Trix Yogurt w/ String Cheese
 Fresh Fruit

10
 1. Mini French Toast
 2. Bagel & Cream Cheese
 Fresh Fruit

11
 1. Pancakes & Sausage
 2. Trix Yogurt w/ String Cheese
 Fresh Fruit

12
 1. French Toast Sticks
 2. Cereal Bar w/ String Cheese
 Fresh Fruit

13
 1. Sausage Breakfast Pizza
 2. Breakfast Oatmeal Chocolate Chip Cookie
 Fresh Fruit

Assorted Cereal w/Toast Offered Daily

16
 1. Biscuit, Ham, Egg & Cheese
 2. Cereal Bar w/ String Cheese
 Fresh Fruit

17
 1. Pastry, Mini Cini's
 2. Trix Yogurt w/ String Cheese
 Fresh Fruit

18
 1. Pancakes & Sausage
 2. PopTart w/ String Cheese
 Fresh Fruit

19
 1. Chocolate Chip French Toast Mini's
 2. Cereal Bar w/ String Cheese

20
 1. Breakfast on a Stick
 2. Bagel & Cream Cheese
 Fresh Fruit

REMEMBER TO PICK AT LEAST THREE (3) ITEMS AND ONE MUST BE ½ CUP OF FRUIT OR JUICE

23
 1. Blueberry Breakfast on a Stick
 2. Trix Yogurt w/ String Cheese
 Fresh Fruit

24
 1. Double Berry Parfait
 2. Bagel & Cream Cheese
 Fresh Fruit

25
 1. Pancakes & Sausage
 2. Trix Yogurt w/ String Cheese
 Fresh Fruit

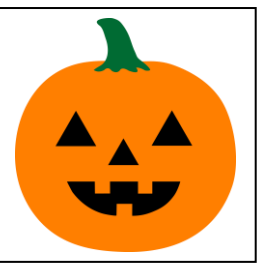
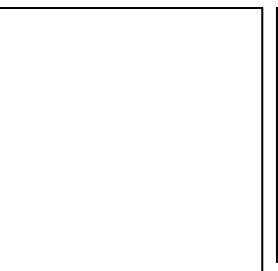
26
 1. French Toast Sticks
 2. Cereal Bar w/ String Cheese
 Fresh Fruit

27
 1. Sausage Breakfast Pizza
 2. Breakfast Oatmeal Chocolate Chip Cookie
 Fresh Fruit

Milk: FF White – 1% White – FF Chocolate

30
 1. Biscuit, Ham, Egg & Cheese
 2. Cereal Bar w/ String Cheese
 Fresh Fruit

31
 1. Pastry, Mini Cini's
 2. Trix Yogurt w/ String Cheese
 Fresh Fruit



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