

KLAMATH COUNTY SCHOOL DISTRICT

OCTOBER 2019

BREAKFAST MENU 9-12

	Monday	Tuesday	Wednesday	Thursday	Friday
SERVED DAILY 1% WHITE MILK 13g SKIM MILK 13g FF CHOCOLATE MILK 21g 1 CUP FRUIT		1 Apple Frudel 36g String Cheese 0g Peaches 28g	3 Pumpkin Bread 23g Hard Boiled Egg 1g Fruit Cocktail 34g	4 Oatmeal Banana Brkfst Bar 47g Cottage Cheese 5g Pears 34g	5 Biscuits 25g Sausage Gravy 8g Pineapple Tidbits 37g
Daily Choice of Cereal Cinn Toast Crunch 22g Honey/Nut Cheerios 22g Rice Chex 18g Syrup 31g	7 Banana Pancakes 37g Yogurt * Applesauce 28g	8 Apple Crisp 30g String Cheese 0 g Peaches 28g	9 Apple Sticks 38g Cottage Cheese 5g Fruit Cocktail 34g	10 Waffles 22g Sausage Patty 1g Pears 34g	11 NO SCHOOL
MENUS ARE SUBJECT TO CHANGE	14 Sausage Pup 36g Yogurt * Applesauce 28g	15 Blueberry Muffin 38g Hard Boiled Egg 1g Peaches 28g	16 Cinni Minis 40g String Cheese 0g Fruit Cocktail 34g	17 NO SCHOOL	18 NO SCHOOL
	21 Pancakes 27g Sausage Patty 1g Applesauce 28g	22 Oat Chocolate Chip Bar 47g Cottage Cheese 5 g Peaches 28g	23 Breakfast Sandwich 27g (Egg/Cheese) Fruit Cocktail 34g	24 Scrambled Eggs w/Cheese 3g Tri Tater 28g Pears 34g	25 Biscuits 25g Sausage Gravy 8 g Pineapple Tidbits 37g
	28 Sausage Pup 36g Cottage Cheese 5g Applesauce 28g	29 Oatmeal/ Brown Sugar 13g Yogurt * Pears 34g	30 Breakfast Burrito 36g (Home Made) String Cheese 0g Pears 34g	31 French Toast Sticks 67g Sausage Patty 1g Pears 34g	

*Note – Yogurt carb counts – Check your product

**All Breakfasts: Milk – Juice – Bagel w/Cream Cheese (Mini 1-6 and Large 7-12)

Large Bagel 41g Cream Cheese (1TBSP) 1g