

KLAMATH COUNTY SCHOOL DISTRICT

OCTOBER 2019

BREAKFAST MENU K-6

	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	2 Pumpkin Bread 23g Hard Boiled Egg 1g Fruit Cocktail 34g	3 Cinn Toast Crunch Cereal Bar 30g Cottage Cheese 5g Pears 34g	4 Half Biscuits 13g Sausage Gravy 4g 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 0g Peaches 28g	9 Apple Sticks 38g Cottage Cheese 5g Fruit Cocktail 34g	11 Waffles 11g Sausage Patty 1g Pears 34g	11 NO SCHOOL
MENUS ARE SUBJECT TO CHANGE	14 Sausage Pup 18g Yogurt * Applesauce 28g	15 Mini Blueberry Muffin 19g Hard Boiled Egg 1g Peaches 28g	16 Cinni Minis 40g String Cheese 0g Fruit Cocktail 34g	17 NO SCHOOL	18 NO SCHOOL
	21 Pancakes 14g Sausage Patty 1g Applesauce 28g	22 Cocoa Puff Cereal Bar 30g Cottage Cheese 5g Peaches 28g	23 Breakfast Sandwich (Egg/Cheese) 27g Fruit Cocktail 34g	24 Scrambled Eggs w/Cheese 1g Tri-Tater 14g Pears 34g	25 Half Biscuits 13g Sausage Gravy 4g Pineapple Tidbits 37g
	28 Sausage Pup 18g Cottage Cheese 5g Applesauce 28g	29 Oatmeal/Brown Sugar 12g Yogurt * Peaches 28g	30 Breakfast Burrito 17g (Home Made) String Cheese 0g Fruit Cocktail 34g	31 French Toast Sticks 40g Sausage Patty 1g Pears 34g	

*Note – Yogurt carb counts – check your product

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

Mini Bagel 16g Cream Cheese (1 TBSP) 1 g