

KLAMATH COUNTY SCHOOL DISTRICT

OCTOBER 2020

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 French Toast Sticks 67g String Cheese 0g Peaches 28g	2
Daily Choice of Cereal Cinn Toast Crunch 22g Honey/Nut Cheerios 22g Rice Chex 18g Syrup 31g	5 Strawberry Pancakes 40g Yogurt * Applesauce 28g	6 Apple Frudel 36g String Cheese 0 g Peaches 28g	7 Strawberry Pancakes 40g Yogurt * Applesauce 28g	8 Apple Frudel 36g String Cheese 0 g Peaches 28g	9 NO SCHOOL
MENUS ARE SUBJECT TO CHANGE	12 Sausage Pup 36g Yogurt * Applesauce 28g	13 Blueberry Muffin 38g Hard Boiled Egg 1g Peaches 28g	14 Sausage Pup 36g Yogurt * Applesauce 28g	15 NO SCHOOL	16 NO SCHOOL
	19 Pancakes 27g Sausage Patty 1g Applesauce 28g	20 Oat Chocolate Chip Bar 47g Cottage Cheese 5 g Peaches 28g	21 Pancakes 27g Sausage Patty 1g Applesauce 28g	22 Oat Chocolate Chip Bar 47g Cottage Cheese 5 g Peaches 28g	23
	26 Sausage Pup 36g Cottage Cheese 5g Applesauce 28g	27 Breakfast Burrito 36g (Home Made) String Cheese 0g Pears 34g	28 Sausage Pup 36g Cottage Cheese 5g Applesauce 28g	29 Breakfast Burrito 36g (Home Made) String Cheese 0g Pears 34g	30

*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