

KLAMATH COUNTY SCHOOL DISTRICT

OCTOBER 2020

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 French Toast Sticks 40g 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 0g Peaches 28g	7 Strawberry Pancakes 40g Yogurt * Applesauce 28g	8 Apple Frudel 36g String Cheese 0g Peaches 28g	9 NO SCHOOL
MENUS ARE SUBJECT TO CHANGE	12 Sausage Pup 18g Yogurt * Applesauce 28g	13 Mini Blueberry Muffin 19g Hard Boiled Egg 1g Peaches 28g	14 Sausage Pup 18g Yogurt * Applesauce 28g	15 NO SCHOOL	16 NO SCHOOL
	19 Pancakes 27g Sausage Patty 1g Applesauce 28g	20 Cocoa Puff Cereal Bar 30g Cottage Cheese 5g Peaches 28g	21 Pancakes 27g Sausage Patty 1g Applesauce 28g	22 Cocoa Puff Cereal Bar 30g Cottage Cheese 5g Peaches 28g	23
	26 Sausage Pup 18g Cottage Cheese 5g Applesauce 28g	27 Breakfast Burrito 17g (Home Made) String Cheese 0g Peaches 28g	28 Sausage Pup 18g Cottage Cheese 5g Applesauce 28g	29 Breakfast Burrito 17g (Home Made) String Cheese 0g Peaches 28g	30

*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