





October 2018

Ewing School Breakfast Menu


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Whole Grain Cinnamon Bun Apple Slices Mixed Fruit Milk	2 Sausage Patty Whole Grain Biscuit Tropical Fruit 100% Fruit Juice Milk	3 Whole Grain Chocolate Chip Oatmeal Bar 100% Fruit Juice Medium Banana Milk	4 Whole Grain Blueberry Waffles SF Syrup Applesauce Craisins Milk	5 W.G. Cereal Bar String Cheese Pineapple Tidbits 100% Fruit Juice Milk
8  Columbus Day NO SCHOOL	9 Egg Patty Whole Wheat Toast Peaches Applesauce Milk	10 Whole Grain Cereal String Cheese Medium Banana 100% Fruit Juice Milk	11 Whole Grain Pop Tart Yogurt Mixed Fruit 100% Fruit Juice Milk	12 Whole Grain Mini Pancakes SF Syrup Apple Slices Mandarin Oranges Milk
15 NO SCHOOL	16 Whole Grain French Toast SF Syrup Warm Cinnamon Apples Raisins Milk	17 Cheddar Omelet Whole Wheat Toast Medium Banana 100% Fruit Juice Milk	18 Whole Wheat Banana Bread Mixed Berries Mandarin Oranges Milk	19 Whole Grain Muffin String Cheese 100% Fruit Juice Peaches Milk
22 Whole Grain Cinnamon Bun Apple Slices Mixed Fruit Milk	23 Sausage Patty Whole Grain Biscuit Tropical Fruit 100% Fruit Juice Milk	24 Whole Grain Chocolate Chip Oatmeal Bar 100% Fruit Juice Medium Banana Milk	25 Whole Grain Blueberry Waffles SF Syrup Applesauce Craisins Milk	26 W.G. Cereal Bar String Cheese Mandarin Oranges 100% Fruit Juice Milk
29 W.G. Apple Cherry Oatmeal Bar Pineapple Tidbits 100% Fruit Juice Milk	30 Egg Patty Whole Wheat Toast Peaches Applesauce Milk	31 Whole Grain Cereal String Cheese Medium Banana 100% Fruit Juice Milk		



Energize Your Day!
Eat School Breakfast
United States Department of Agriculture

Give your child a healthy start!

Mornings can be rushed, but it is important to make time for breakfast. Children can benefit from the School Breakfast Program! Studies show that school breakfast can raise test scores while improving classroom attentiveness and behavior. Make sure your kids start the school day with a healthy meal!



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY AND/OR WEATHER RELATED CLOSINGS