



GF NLINE

GOOD FOOD DOES GOOD

October 2022

Bishop McManus
Breakfast Menu K-12

<p>03</p> <p>Entree Turkey Sausage Biscuit</p> <p>Fruit Fresh Apple</p> <p>Milk Low Fat 1% Milk Fat Free Chocolate Milk</p>	<p>04</p> <p>Entree Breakfast Pizza</p> <p>Fruit Banana</p> <p>Milk 100% Orange Juice</p> <p>Milk Low Fat 1% Milk Fat Free Chocolate Milk</p>	<p>05</p> <p>Entree Whole Grain French Toast Sticks</p> <p>Fruit Fresh Apple</p> <p>Milk Low Fat 1% Milk Fat Free Chocolate Milk</p> <p>Misc. Smucker's Breakfast Syrup</p>	<p>06</p> <p>Entree Yogurt & Granola Parfait</p> <p>Fruit 100% Apple Juice Fresh Orange</p> <p>Milk Low Fat 1% Milk Fat Free Chocolate Milk</p>	<p>07</p> <p>Entree Whole Grain Pancakes</p> <p>Fruit Fresh Apple</p> <p>Milk Low Fat 1% Milk Fat Free Chocolate Milk</p> <p>Misc. Smucker's Breakfast Syrup</p>
<p>10</p> <p>Entree Whole Grain Bagel with Cream Cheese</p> <p>Fruit Fresh Apple</p> <p>Milk Low Fat 1% Milk Fat Free Chocolate Milk</p>	<p>11</p> <p>Entree Whole Grain Waffles</p> <p>Fruit Banana</p> <p>Milk 100% Orange Juice</p> <p>Milk Low Fat 1% Milk Fat Free Chocolate Milk</p> <p>Misc. Smucker's Breakfast Syrup</p>	<p>12</p> <p>Entree Breakfast Burrito</p> <p>Vegetables Chunky Salsa, Mild</p> <p>Fruit Fresh Apple</p> <p>Milk Low Fat 1% Milk Fat Free Chocolate Milk</p> <p>Misc. Ketchup</p>	<p>13</p> <p>Entree Whole Grain French Toast Sticks</p> <p>Fruit Craisins/Raisins, Assorted Flavors 100% Apple Juice</p> <p>Milk Low Fat 1% Milk Fat Free Chocolate Milk</p> <p><i>Fat Free Milk</i></p> <p>Misc. Smucker's Breakfast Syrup</p>	<p>14</p> <p>Entree Breakfast Sandwich</p> <p>Fruit Fresh Apple</p> <p>Milk Low Fat 1% Milk <i>Non Fat Milk</i> Fat Free Chocolate Milk</p>
<p>17</p> <p>Entree Pick 2 Assorted Breakfast Items</p> <p>Fruit Fresh Apple</p> <p>Grains Whole Grain Waffles</p> <p>Milk Low Fat 1% Milk Fat Free Chocolate Milk Fat Free Milk</p> <p>Misc. Sausage Patty Smucker's Breakfast Syrup</p>	<p>18</p> <p>Entree Scrambled Egg & Cheese with Toast</p> <p>Fruit Banana</p> <p>Milk 100% Orange Juice</p> <p>Milk Low Fat 1% Milk Fat Free Chocolate Milk</p>	<p>19</p> <p>Entree Whole Grain Pancakes</p> <p>Fruit Fresh Apple</p> <p>Milk Low Fat 1% Milk Fat Free Chocolate Milk</p> <p>Misc. Smucker's Breakfast Syrup</p>	<p>20</p> <p>Entree Breakfast Pizza</p> <p>Fruit 100% Apple Juice Fresh Orange</p> <p>Milk Low Fat 1% Milk Fat Free Chocolate Milk</p>	<p>21</p> <p>Entree Pick 2 Assorted Breakfast Items</p> <p>Fruit Fresh Apple</p> <p>Milk Low Fat 1% Milk Fat Free Chocolate Milk</p> <p>Misc. Ketchup</p>
<p>24</p> <p>Entree Turkey Sausage Biscuit</p> <p>Fruit Fresh Apple</p> <p>Milk Low Fat 1% Milk Fat Free Chocolate Milk</p>	<p>25</p> <p>Entree Yogurt & Granola Parfait</p> <p>Fruit Banana</p> <p>Milk 100% Orange Juice</p> <p>Milk Low Fat 1% Milk Fat Free Chocolate Milk</p>	<p>26</p> <p>Entree Whole Grain French Toast Sticks</p> <p>Fruit Fresh Apple</p> <p>Milk Low Fat 1% Milk Fat Free Chocolate Milk</p> <p>Misc. Smucker's Breakfast Syrup</p>	<p>27</p> <p>Entree Breakfast Sandwich</p> <p>Fruit 100% Apple Juice Fresh Orange</p> <p>Milk Low Fat 1% Milk Fat Free Chocolate Milk</p>	<p>28</p> <p>Entree Whole Grain Pancakes</p> <p>Fruit Fresh Apple</p> <p>Milk Low Fat 1% Milk Fat Free Chocolate Milk</p> <p>Misc. Smucker's Breakfast Syrup</p>
<p>31</p> <p>Professional Development: No School</p>				