

# Welcome to our Breakfast Cafe at...

## Huntington High School

# October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 Whole Grain French Toast Slices ✓ Fresh Banana Diced Peaches	2 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> ✓ Mixed Fruit Apple 100% Juice	3 Sausage, Egg and Cheese Sandwich <i>a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese</i> Mixed Fruit Fresh Apple	4 Ham & Cheese Bagel Melt <i>ham and melted cheese on a bagel</i> P Sliced Peaches Fresh Pear	5 Bacon, Egg and Cheese Breakfast Sandwich <i>warm breakfast sandwich prepared in-house and made with bacon, egg, and cheese</i> Sliced Peaches Fresh Orange
8 <b>SCHOOL CLOSED TODAY</b>	9 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> ✓ Applesauce Fresh Banana	10 Sausage, Egg and Cheese Sandwich <i>a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese</i> Mixed Fruit Fresh Orange	11 Ham & Cheese Bagel Melt <i>ham and melted cheese on a bagel</i> P Diced Pear Cup Fresh Apple	12 Bacon, Egg and Cheese Breakfast Sandwich <i>warm breakfast sandwich prepared in-house and made with bacon, egg, and cheese</i> Pineapple Cup Fresh Pear
15 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> ✓ Sliced Peaches Fresh Apple	16 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> ✓ Applesauce Fresh Orange	17 Sausage, Egg and Cheese Sandwich <i>a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese</i> Sliced Peaches Apple 100% Juice	18 Ham & Cheese Bagel Melt <i>ham and melted cheese on a bagel</i> P Mixed Fruit Fresh Pear	19 Bacon, Egg and Cheese Breakfast Sandwich <i>warm breakfast sandwich prepared in-house and made with bacon, egg, and cheese</i> Sliced Peaches Fresh Banana
22 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> ✓ Mixed Fruit Fresh Orange	23 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> ✓ Diced Pear Cup Fresh Banana	24 Sausage, Egg and Cheese Sandwich <i>a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese</i> Applesauce Fresh Pear	25 Ham & Cheese Bagel Melt <i>ham and melted cheese on a bagel</i> P Mixed Fruit Fresh Pear	26 Bacon, Egg and Cheese Breakfast Sandwich <i>warm breakfast sandwich prepared in-house and made with bacon, egg, and cheese</i> Fresh Apple Pineapple Cup
29 Whole Grain French Toast Slices ✓ Fresh Apple Sliced Pears	30 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> ✓ Sliced Peaches Fresh Pear	31 Sausage, Egg and Cheese Sandwich <i>a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese</i> Mixed Fruit Fresh Orange	 <p><b>FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST!</b></p> <p><b>Available Daily</b></p> <p>Turkey Bacon ,Egg and Cheese on a bun (HS) Whole Grain Bagel w/ butter or low fat creamcheese, Chocolate Chip Muffin Yogurt Parfait with Organic Vanilla Yogurt, Granola and Fruit Assorted Reduced Sugar W.G. Cereals: Cinnamon Toast Crunch Fruit Loops, Coco Puffs, Trix Cheerios, Rice Krispies All served with String Cheese. All served with choice of, fat free or low fat milk, Juice and cupped and fresh fruits. Condiments.</p>	



October is National Farm to School Month!  
Join us as we celebrate with food, nutrition education, school gardens and plates filled with healthy, natural ingredients!



**Breakfast Prices**  
Regular: \$1.90  
Reduced: \$.25

 **VEGETARIAN**
 **MADE WITH NATURAL INGREDIENTS**
 **PORK**
 **MADE WITH ORGANIC INGREDIENTS**

\*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.