

OCTOBER | 2023

Jeffers High School Breakfast



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 Pancakes Sausage Cheesestick Fruit Juice & Milk	3 Cinnamon Swirl- Toast Yogurt Fruit Juice & Milk	4 Banana Bread Go-gurt Fruit Juice & Milk	5 Egg Bake Cheesestick Fruit Juice & Milk	6 Muffins Yogurt Fruit Juice & Milk
9 Bagels w/ cream cheese Go-gurt Fruit Juice & Milk	10 Apple French Toast Cheesestick Fruit Juice & Milk	11 Donuts Smoothies Fruit Juice & Milk	12 Waffles w/ strawberries Yogurt Fruit Juice & Milk	13 No School Teacher Inservice
16 Pannukakku Cheesestick Fruit Juice & Milk	17 Cinnamon Rolls Go-gurt Fruit Juice & Milk	18 Scrambled Egg Wrap Yogurt Fruit Juice & Milk	19 Br. Pizza Go-gurt Fruit Juice & Milk	20 Ham & Cheese Omlet Toast Fruit Juice & Milk
23 Strudel Bites Cheesestick Fruit Juice & Milk	24 Banana Bread Go-gurt Fruit Juice & Milk	25 Donuts Yogurt Fruit Juice & Milk	26 Ham & Cheese Bagel Go-gurt Fruit Juice & Milk	27 Br. Bowl (Scr. Eggs, Sausage & Seasoned Potatoes) Fruit Juice & Milk
30 Cereal Go-gurt Fruit Juice & Milk	31 Muffins Yogurt Fruit Juice & Milk	1	2	3

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