



# Ann Arbor Elementary Breakfast Menu October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>30</b> <b>Egg and Cheese On Whole Grain Biscuit</b>  Assorted Fresh Fruit 1% or Fat Free Milk	<b>1</b> <b>Egg and Cheese Breakfast Taco</b>  Assorted Fresh Fruit Assorted Fruit Juice 1% or Fat Free Milk	<b>2</b> <b>Bagel &amp; Cream Cheese Or Breakfast Parfait</b> Low-fat Yogurt, Blueberries Cheerios, Goldfish Graham  Assorted Fresh Fruit 1% or Fat Free Milk	<b>3</b> <b>Waffle with Syrup</b>  Assorted Fresh Fruit Assorted Fruit Juice 1% or Fat Free Milk	<b>4</b> <b>Egg &amp; Cheese on Whole Grain Croissant</b>  Assorted Fresh Fruit 1% or Fat Free Milk
<b>7</b> <b>Turkey Sausage Breakfast Pizza</b>  Assorted Fresh Fruit 1% or Fat Free Milk	<b>8</b> <b>Colby Cheese Omelet With Whole Grain Biscuit</b>  Assorted Fresh Fruit Assorted Fruit Juice 1% or Fat Free Milk	<b>9</b> <b>Bagel &amp; Cream Cheese Or Breakfast Parfait</b> Low-fat Yogurt, Strawberries Cheerios, Goldfish Graham  Assorted Fresh Fruit 1% or Fat Free Milk	<b>10</b> <b>French Toast with Syrup</b>  Assorted Fresh Fruit Assorted Fruit Juice 1% or Fat Free Milk	<b>11</b> <b>Turkey Sausage, Egg &amp; Cheese Breakfast Sliders</b>  Assorted Fresh Fruit 1% or Fat Free Milk
<b>14</b> <b>Egg and Cheese On Whole Grain Biscuit</b>  Assorted Fresh Fruit 1% or Fat Free Milk	<b>15</b> <b>Turkey Sausage Breakfast Pizza</b>  Assorted Fresh Fruit Assorted Fruit Juice 1% or Fat Free Milk	<b>16</b> <b>Bagel &amp; Cream Cheese Or Breakfast Parfait</b> Low-fat Yogurt, Peaches Cheerios, Goldfish Graham  Assorted Fresh Fruit 1% or Fat Free Milk	<b>17</b> <b>Waffle with Syrup</b>  Assorted Fresh Fruit Assorted Fruit Juice 1% or Fat Free Milk	<b>18</b> <b>Egg &amp; Cheese on Whole Grain Croissant</b>  Assorted Fresh Fruit 1% or Fat Free Milk
<b>21</b> <b>Egg and Cheese Breakfast Taco</b>  Assorted Fresh Fruit 1% or Fat Free Milk	<b>22</b> <b>Colby Cheese Omelet With Whole Grain Biscuit</b>  Assorted Fruit Assorted Fruit Juice 1% or Fat Free Milk	<b>23</b> <b>Bagel &amp; Cream Cheese Or Breakfast Parfait</b> Low-fat Yogurt, Mixed Berries Cheerios, Goldfish Graham  Assorted Fresh Fruit 1% or Fat Free Milk	<b>24</b> <b>French Toast with Syrup</b>  Assorted Fruit Assorted Fruit Juice 1% or Fat Free Milk	<b>25</b> <b>Turkey Sausage, Egg &amp; Cheese Breakfast Sliders</b>  Assorted Fresh Fruit 1% or Fat Free Milk

**MITCHELL ELEMENTARY UNIVERSAL BREAKFAST MENU**

- Monday:** Bagel, Cream Cheese, String Cheese & Fresh Apple, Milk\*
- Tuesday:** Granola Bar, Blueberry Muffin, Yogurt, Juice & Fresh Petite Banana, Milk\*
- Wednesday:** Cinnamon or Strawberry Cream Cheese Stuffed Bagel & Fresh Apple, Milk\*
- Thursday:** K-1<sup>st</sup>: Granola Bar, Goldfish Graham, String Cheese, Juice & Fresh Orange, Milk\*  
2<sup>nd</sup>-5<sup>th</sup>: Cheerios, Goldfish Graham, Juice & Fresh Orange, Milk\*
- Friday:** Banana Muffin, Yogurt & Fresh Apple, Milk\*

\*1% and Fat Free milk offered daily.

**BREAKFAST:** A full student breakfast includes a choice of entree supplying grain and/or protein, fruit and choice of milk.

**BREAKFAST PRICE:** \$1.25 PAID, \$.30 REDUCED, FREE\* (\*if qualified)

Milk or Juice only- \$.50

Cereal Available Daily:  
Whole Grain Cheerios  
Apple Cinnamon Cheerios  
Rice Chex

Find menus, nutrition, allergen information and more online or on your phone!

Download School Menus by Nutrislice to your smartphone from the App Store or visit [a2schools.nutrislice.com](http://a2schools.nutrislice.com) for nutritional information!