



Don't forget to eat your vegetables

Monticello School District Breakfast Menu

October
2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

French Toast Sticks

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

2

Long John

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

3

Sausage & Cheese Bagel Sandwich

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

4

Breakfast Burrito

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

5

Cinnamon Roll

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

8

French Toast Sticks

Choice of Cereal
Graham Crackers

Vegetable Selection
Canned Fruit
1% Milk

9

Long John

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

10

Sausage & Cheese Bagel Sandwich

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

11

Breakfast Bowl

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

12

Cinnamon Roll

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

15

French Toast Sticks

Choice of Cereal
Graham Crackers

Vegetable Selection
Canned Fruit
1% Milk

16

Long John

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

17

Sausage & Cheese Bagel Sandwich

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

18

Breakfast Burrito

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

19

Cinnamon Roll

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

22

French Toast Sticks

Choice of Cereal
Graham Crackers

Vegetable Selection
Canned Fruit
1% Milk

23

Long John

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

24

Sausage & Cheese Bagel Sandwich

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

25

Breakfast Bowl

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

26

No School

No School

29

French Toast Sticks

Choice of Cereal
Graham Crackers

Vegetable Selection
Canned Fruit
1% Milk

30

Long John

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

31

Sausage & Cheese Bagel Sandwich

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

Choose **MyPlate.gov**

Prices

Regular	\$1.75
Reduced	\$0.30
Adult	\$2.50
Milk Only	\$0.45

HARVEST OF THE MONTH

EXTRA INFO

Milk choice of 1%, Skim, or 1% Chocolate is included with all meals. For questions contact Rebecca Derke at 608-938-2738 or email derkere@monticello.k12.wi.us