



# October 2024 K-12 Breakfast Menus

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Additional Daily offerings:</i> Assorted Cereal, wg 🍷 Breakfast bars, wg 🍷</p> <p>100% Fruit Juice Milk</p> <p>*menu subject to change</p>	<p><b>October 1</b></p> <p><i>Choice of:</i> English Muffin 🍷 🍷 w/butter, jam or Yogurt Parfait w/granola &amp; fruit 🍷</p> <p>Fresh Fruit</p>	<p><b>October 2</b></p> <p><i>Choice of:</i> Breakfast Muffin w/Yogurt 🍷</p> <p>Yogurt Parfait w/granola &amp; fruit 🍷</p> <p>Fresh Fruit</p>	<p><b>October 3</b></p> <p><i>Choice of:</i> English Muffin 🍷 🍷 w/butter, jam or Yogurt Parfait w/granola &amp; fruit 🍷</p> <p>Fresh Fruit</p>	<p><b>October 4</b></p> <p><i>Choice of:</i> English Muffin 🍷 🍷 w/butter, jam or Yogurt Parfait w/granola &amp; fruit</p> <p>pinky sausage ♥</p> <p>Fresh Fruit</p>
<p><b>October 7</b></p> <p><i>Choice of:</i> Hot Apple Pie Oatmeal 🍷 🍷 w/assorted toppings or Yogurt cup and Granola 🍷</p> <p>Fresh Fruit</p>	<p><b>October 8</b></p> <p><i>Choice of:</i> Hot Apple Pie Oatmeal 🍷 w/assorted toppings or Yogurt cup and Granola 🍷</p> <p>Fresh Fruit</p>	<p><b>October 9</b></p> <p><i>Choice of:</i> Breakfast Muffin w/Yogurt 🍷 cup or Yogurt cup and Granola 🍷</p> <p>Fresh Fruit</p>	<p><b>October 10</b></p> <p><i>Choice of:</i> Hot Apple Pie Oatmeal 🍷 🍷 w/assorted toppings or Yogurt cup and Granola 🍷</p> <p>Fresh Fruit</p>	<p><b>October 11</b></p> <p><i>Choice of:</i> Hot Apple Pie Oatmeal 🍷 w/assorted toppings or Yogurt cup and Granola 🍷</p> <p>pinky sausage ♥</p> <p>Fresh Fruit</p>
<p><b>October 14</b></p> <p><i>Choice of:</i> Bagel Bar: Assorted Bagels 🍷 w/Cream Cheese, Jelly, Butter 🍷 or Whole Grain Cereal 🍷</p> <p>Fresh Fruit</p>	<p><b>October 15</b></p> <p><i>Choice of:</i> Bagel Bar: Assorted Bagels 🍷 w/Cream Cheese, Jelly, Butter 🍷 or Overnight Oats 🍷</p> <p>Fresh Fruit</p>	<p><b>October 16</b></p> <p><i>Choice of:</i> Hot Pancakes w/whipped cream and fruit 🍷 or Overnight Oats 🍷</p> <p>Fresh Fruit</p>	<p><b>October 17</b></p> <p><i>Choice of:</i> Bagel Bar: Assorted Bagels 🍷 w/Cream Cheese, Jelly, Butter 🍷 or Overnight Oats 🍷</p> <p>Fresh Fruit</p>	<p><b>October 18</b></p> <p><i>Choice of:</i> Bagel Bar: Assorted Bagels 🍷 w/Cream Cheese, Jelly, Butter 🍷 or Overnight Oats 🍷</p> <p>pinky sausage ♥</p> <p>Fresh Fruit</p>
<p><b>October 21</b></p> <p><i>Choice of:</i> Breakfast Biscuit Bar: Warm biscuit, egg patty, cheese, butter &amp; jam 🍷 or Breakfast Bar 🍷</p> <p>Fresh Fruit</p>	<p><b>October 22</b></p> <p><i>Choice of:</i> Breakfast Biscuit Bar: Warm biscuit, egg patty, cheese, butter &amp; jam 🍷 or Yogurt Parfait w/granola &amp; fruit 🍷</p> <p>Fresh Fruit</p>	<p><b>October 23</b></p> <p><i>Choice of:</i> Warm, Goopy Cinnamon Roll 🍷 Or Yogurt Parfait w/granola &amp; fruit 🍷</p> <p>Fresh Fruit</p>	<p><b>October 24</b></p> <p><i>Choice of:</i> Breakfast Biscuit Bar: Warm biscuit, egg patty, cheese, butter &amp; jam 🍷 or Yogurt Parfait w/granola &amp; fruit 🍷</p> <p>Fresh Fruit</p>	<p><b>October 25</b></p> <p><i>Choice of:</i> Breakfast Biscuit Bar: Warm biscuit, egg patty, cheese, butter &amp; jam 🍷 or Yogurt Parfait w/granola &amp; fruit</p> <p>pinky sausage ♥</p> <p>Fresh Fruit</p>
<p><b>October 28</b></p> <p><i>Choice of:</i> Grits Bar: Creamy Grits w/various toppings 🍷 or Assorted Cereal 🍷</p> <p>Fresh Fruit</p>	<p><b>October 29</b></p> <p><i>Choice of:</i> Grits Bar: Creamy Grits w/various toppings 🍷 or Overnight Oats 🍷</p> <p>Fresh Fruit</p>	<p><b>October 30</b></p> <p><i>Choice of:</i> Jumbo Waffles w/whipped cream and fruit 🍷 or Overnight Oats 🍷</p> <p>Fresh Fruit</p>	<p><b>October 31</b></p> <p><i>Choice of:</i> Grits Bar: Creamy Grits w/various toppings 🍷 or Overnight Oats 🍷</p> <p>Fresh Fruit</p>	<p>2024-25 Breakfast Prices: FREE for ALL Students</p>

GOOD FOOD Guide

- ♥ locally sourced
- 🍷 vegetarian
- 🍷 dairy free entrée

*Food Allergy Disclaimer: Please be aware that School Nutrition Services prepares our food in commercial kitchens, where cross-contact with food allergens is possible and where ingredient substitutions and recipe revisions are sometimes made. Additionally, manufacturers of commercial food products we order may change their product formulation or ingredient consistency at any time without notification. Actual ingredients and nutritional content may vary, and we are not able to guarantee that any food item will be completely free of food allergens. If you have questions or any concerns regarding ingredients of a specific food or recipe, please reach out to the Durham Public Schools Nutrition Services at 919-560-2370*

