
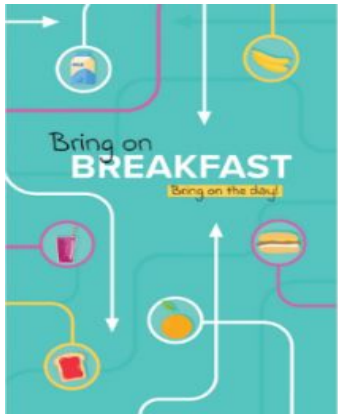


# What's on the Menu?

SFD Breakfast  
October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		Fruit Parfait <sup>1</sup>	Assorted Shri Bark <sup>2</sup>	Egg and Cheese On Biscuit <sup>3</sup>
Bagel <sup>6</sup> Sunbutter or Cream Cheese	Chicken Sausage on Biscuit <sup>7</sup>	Fruit Parfait <sup>8</sup>	Ham Egg and Cheese On English Muffin <sup>9</sup>	Pancake Bites Breakfast Syrup <sup>10</sup>
No School Indigenous Peoples' Day <sup>13</sup>	Professional Development Day No School <sup>14</sup>	Fruit Parfait <sup>15</sup>	Assorted Shri Bark <sup>16</sup>	Egg and Cheese On Biscuit <sup>17</sup>
Bagel <sup>20</sup> Sunbutter or Cream Cheese	Chicken Sausage on Biscuit <sup>21</sup>	Fruit Parfait <sup>22</sup>	Ham Egg & Cheese on English Muffin <sup>23</sup>	Pancake Bites Breakfast Syrup <sup>24</sup>
Blueberry Muffin <sup>27</sup>	French Toast Stick Breakfast Syrup <sup>28</sup>	Fruit Parfait <sup>29</sup>	Assorted Shri Bark <sup>30</sup>	Egg and Cheese On Biscuit <sup>31</sup>

Daily Offerings
Assorted Cereals
Fresh Fruit or Juice
Smoothies, Yogurt, Cheese Sticks,
1% Low Fat Milk
Fat Free Chocolate Milk



Bring on Breakfast  
*Bring on the day!*

Bring on Breakfast adds excitement to the beginning of the school day by offering delicious food that fuels the day.

All meals served with 1% Plain or Fat Free Chocolate Milk

Meal prices: 1.25 Lunch, \$3.00