



## Gary Community Schools High & Middle Breakfast Menu

# OCT

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

2

Pancake & Sausage Stick  
Breakfast Bar: Cereal or Bars  
Fresh Fruit  
Fresh Cup Fruit  
Assorted Fat Free / Low Fat Milk

3

Chicken Biscuit  
Apple Frudel  
Fresh Fruit  
Fresh Cup Fruit  
Assorted Fat Free / Low Fat Milk

4

Sausage Breakfast Pizza  
Mini Filled Bagels  
Fresh Fruit  
Fresh Cup Fruit  
Assorted Fat Free / Low Fat Milk

5

Waffle w/ Syrup  
Chocolate Chip UBR  
Fresh Fruit  
Fresh Cup Fruit  
Assorted Fat Free / Low Fat Milk

6

Sausage Biscuit Sandwich  
French Toast Bites  
Fresh Fruit  
Orange Juice (4oz)  
Assorted Fat Free / Low Fat Milk

Breakfast includes choice of entrée, selection of fruit, and choice of milk.

9

Chicken Biscuit  
Breakfast Bar: Cereal or Poptart  
Fresh Fruit  
Fresh Cup Fruit  
Assorted Fat Free / Low Fat Milk

10

French Toast Sticks w/Syrup  
Super Donut  
Fresh Fruit  
Fresh Cup Fruit  
Assorted Fat Free / Low Fat Milk

11

Sausage Breakfast Pizza  
Apple Frudel  
Fresh Fruit  
Fresh Cup Fruit  
Assorted Fat Free / Low Fat Milk

12

Cheesy Scrambled Eggs w/Toast  
Cinnamon Roll  
Fresh Fruit  
Fresh Cup Fruit  
Assorted Fat Free / Low Fat Milk

13

No School  
E-Learning

16

Blueberry Parfait  
Cinnamon UBR  
Fresh Fruit  
Fresh Cup Fruit  
Assorted Fat Free / Low Fat Milk

17

Biscuits & Gravy  
Cinnamon Roll  
Fresh Fruit  
Fresh Cup Fruit  
Assorted Fat Free / Low Fat Milk

18

Sausage Breakfast Pizza  
Breakfast Bar: Cereal Bars, Poptart  
Fresh Fruit  
Orange Juice (4oz)  
Assorted Fat Free / Low Fat Milk

19

Cheese Omelet w/ Toast  
Blueberry Muffin  
Fresh Fruit  
Fresh Cup Fruit  
Assorted Fat Free / Low Fat Milk

20

Strawberry Banana Parfait  
Mini Filled Bagels  
Fresh Fruit  
Apple Juice (4oz)  
Assorted Fat Free / Low Fat Milk

23

Egg & Cheese English Muffin  
Breakfast Bar: Cereal, Cereal Bar  
Fresh Fruit  
Fresh Cup Fruit  
Assorted Fat Free / Low Fat Milk

24

Strawberry Parfait  
Apple Frudel  
Fresh Fruit  
Fresh Cup Fruit  
Assorted Fat Free / Low Fat Milk

25

Sausage Breakfast Pizza  
Fresh Fruit  
Grape Juice (4oz)  
Assorted Fat Free / Low Fat Milk

26

Waffle w/ Syrup  
Chocolate Chip UBR  
Fresh Fruit  
Fresh Cup Fruit  
Assorted Fat Free / Low Fat Milk

27

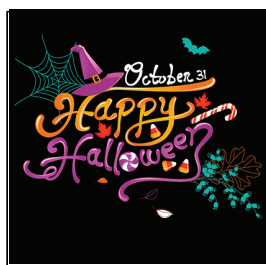
Fall Break  
No School

30

Chicken Biscuit  
Chocolate Muffin  
Fresh Fruit  
Fresh Cup Fruit  
Assorted Fat Free / Low Fat Milk

31

Egg & Cheese Bagel  
Super Donut  
Fresh Fruit  
Fresh Cup Fruit  
Assorted Fat Free / Low Fat Milk



This institution is an equal opportunity provider.