BREAKFAST

11

## **OCTOBER 2024**

Burns Science and Technology Charter School k-8

Monday	Tuesday	Wednesday	Thursday	Friday
	Strawberry Cream Cheese Mini Bagel	WG Scone 2	Blueberry Muffin 3 w/ Yogurt Cup	Egg & Cheese Omelet 4 w/ WG Biscuit
	Or Cereal w/ Toast Or 2 Toast	Or Cereal w/ Toast Or 2 Toast	Or Cereal w/ Toast Or 2 Toast	Or Cereal w/ Toast Or 2 Toast
	Juice, Milk, & Assorted Fruit	Juice, Milk, & Assorted Fruit	Juice, Milk, & Assorted Fruit	Juice, Milk, & Assorted Fruit
Bacon, Egg, & Cheese Bagel	Sausage Griddle 8 (Turkey Sausage in between two pancakes)	Strawberry Chocolate9 Overnight Oats	Mini Cinni's 10	Cheese Grits
Or Cereal w/ Toast	Or Cereal w/ Toast	Or Cereal w/ Toast	Or Cereal w/ Toast	Or Cereal w/ Toast
Or 2 Toast	Or 2 Toast	Or 2 Toast	Or 2 Toast	Or 2 Toast
Juice, Milk, & Assorted Fruit	Juice, Milk, & Assorted Fruit	Juice, Milk, & Assorted Fruit	Juice, Milk, & Assorted Fruit	Juice, Milk, & Assorted Fruit
14 Teacher Duty Day	French Toast Sticks 15 w/ Syrup	Berry Parfait w/ 2 oz Granola	WG Donut 17	Chicken and Mini Waffles w/ syrup
	Or Cereal w/ Toast	Or Cereal w/ Toast	Or Cereal w/ Toast Or 2 Toast	Or Cereal w/ Toast
	Or 2 Toast	Or 2 Toast		Or 2 Toast
	Juice, Milk, & Assorted Fruit	Juice, Milk, & Assorted Fruit	Juice, Milk, & Assorted Fruit	Juice, Milk, & Assorted Fruit
Banana Bread 21	Bagel w/ Cream Cheese2	Chicken Biscuit 23	Pumpkin Scone 24	Scrambled Eggs w/ WG English Muffin
Or Cereal w/ Toast	Or Cereal w/ Toast	Or Cereal w/ Toast	Or Cereal w/ Toast	Or Cereal w/ Toast
Or 2 Toast	Or 2 Toast	Or 2 Toast	Or 2 Toast	Or 2 Toast
Juice, Milk, & Assorted Fruit	Juice, Milk, & Assorted Fruit	Juice, Milk, & Assorted Fruit	Juice, Milk, & Assorted Fruit	Juice, Milk, & Assorted Fruit
Mini Cinni's 28	Sausage Pancake Stick9	Oatmeal w/ Berries 30	Apple Cinnamon Muffin w/ Yogurt Cup	
Or Cereal w/ Toast	Or Cereal w/ Toast	Or Cereal w/ Toast	Or Cereal w/ Toast	
Or 2 Toast	Or 2 Toast	Or 2 Toast	Or 2 Toast	4.
Juice, Milk, & Assorted Fruit	Juice, Milk, & Assorted Fruit	Juice, Milk, & Assorted Fruit	Juice, Milk, & Assorted Fruit	a ato m
Rid you kno	At breakfast, we are req take 3 of the 4 items, or as reimbursable. We en <b>This Institution</b>	puired to offer four items. Students ne of those must be a serving of a fi courage students to take all items of is an Equal Opportunity Emplo	ruit to be counted offered. $1-1/2 c$ 1/2 c 1/2 c	2-ounce equivalent servings of bro- up serving of fruit up serving of 100% juice

- 1-2-ounce equivalent servings of bread/grain
- <sup>1</sup>/<sub>2</sub> cup serving of fruit
- <sup>1</sup>/<sub>2</sub> cup serving of 100% juice
- Milk