



# BREAKFAST

# OCTOBER 2023

Central - Jefferson

**Monday**

Emoji Waffles (30)

**2**

**Tuesday**

Egg/Sausage/Bacon/Cheese  
Flatbread Pizza (16)

**3**

FFVP - Kumquats

**Wednesday**

Yogurt Sundae (26)  
Granola (20)

**4**

**Thursday**

Mini Puff Pancakes (37)

**5**

FFVP - Pepino Melons

**Friday**

Long John (42)

**6**

Mini Strawberry  
Cream filled Bagels (42)

**9**

Ham & Egg Bar (8)

**10**

FFVP - Pears

Sausage/Pancake  
on a Stick (22)

**11**

Cherry Strudel (36)

**12**

FFVP - Jicama

**NO SCHOOL**

**13**

HMD Chocolate Chip  
"Pan"cakes (36)

**16**

Breakfast Pizza (26)

**17**

FFVP – Moondrop Grapes

Ultimate  
Breakfast Round (42)

**18**

**NO SCHOOL**

**19**

**NO SCHOOL**

**20**

Sausage/Bagel  
Sandwich (16)

**23**

Mini Waffles (37)

**24**

FFVP – Asian Pears

Cheese-filled  
Breadstick (25)

**25**

Pumpkin Coffeecake (41)

**26**

FFVP -Turnips

**NO SCHOOL**

**27**

Sausage Bites (16)

**30**

Emoji Waffles (30)

**31**

FFVP - Apples

MENU INFORMATION: Cold Cereal, Cereal Bars or Pop Tarts are alternate daily breakfast choices. Juice, Fruit and Milk are offered with Breakfast. (##) Denotes carb counts.  
Menu subject to change without notice due to product availability. Carb counts may change due to specific product availability.

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