







**DIVISION OF NUTRITION SERVICES – MEMPHIS CITY SCHOOLS
OCTOBER BREAKFAST MENU 2009**








MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>September 28, 2009</u>	<u>September 29, 2009</u>	<u>September 30, 2009</u>	<u>October 1, 2009</u>	<u>October 2, 2009</u>
<p><u>Choice</u> (A) Breakfast MVP (B) Breakfast Sausage Bagel (C) Cereal & Graham Crackers</p> <p><u>Other</u> Juice Milk</p> <p>After School Snack: Belly Bears 6 oz. Juice</p>	<p><u>Choice</u> (A) Pop Tart & Graham Crackers (B) Chicken & Biscuit (C) Cereal & Graham Crackers</p> <p><u>Other</u> Juice Milk</p> <p>After School Snack: Apple Fruit Bar 8 oz. Milk</p> 	<p><u>Choice</u> (A) Banana Loaf (B) Cheddar Omelet & Toast (C) Cereal & Graham Crackers</p> <p><u>Other</u> Juice Milk</p> <p>After School Snack: Strawberry Dinosaur 6 oz. Juice</p>	<p><u>Choice</u> (A) Blueberry Muffin (B) Sausage & Biscuit (C) Cereal & Graham Crackers</p> <p><u>Other</u> Juice Milk</p> <p>After School Snack: Vanilla Bear Grahams 6 oz. Juice</p> 	<p><u>Choice</u> (A) Mini Pancakes (B) Grilled Cheese Sandwich (C) Cereal & Graham Crackers</p> <p><u>Other</u> Juice Milk</p> <p>After School Snack: Cereal, Variety 8 oz. Milk</p>
<u>October 5, 2009</u>	<u>October 6, 2009</u>	<u>October 7, 2009</u>	<u>October 8, 2009</u>	<u>October 9, 2009</u>
<p><u>Choice</u> (A) Breakfast MVP (B) Breakfast Sausage Bagel (C) Cereal & Graham Crackers</p> <p><u>Other</u> Juice Milk</p> <p>After School Snack: Belly Bears 6 oz. Juice</p> 	<p><u>Choice</u> (A) Pop Tart & Graham Crackers (B) Chicken & Biscuit (C) Cereal & Graham Crackers</p> <p><u>Other</u> Juice Milk</p> <p>After School Snack: ½ Deli Sandwich 6 oz. Juice</p>	<p><u>Choice</u> (A) Banana Loaf (B) Cheddar Omelet & Toast (C) Cereal & Graham Crackers</p> <p><u>Other</u> Juice Milk</p> <p>After School Snack: Baked Cheetos 6 oz. Juice</p> 	<p><u>Choice</u> (A) Blueberry Muffin (B) Sausage & Biscuit (C) Cereal & Graham Crackers</p> <p><u>Other</u> Juice Milk</p> <p>After School Snack: Vanilla Bear Grahams 6 oz. Juice</p> 	 <p align="center">Fall Break</p>

MILK – STUDENTS HAVE A CHOICE OF A VARIETY OF MILK. *MENUS ARE SUBJECT TO CHANGE.*

***Graham Crackers MUST be offered with the Cereal & Pop Tart.

“In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination discriminating on the basis of race, color, national origin, age, sex, or disability. To file a complaint of, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800)795-3272 or 202-720-6382 (TTY). USDA is an equal opportunity provider and employer.”

**DIVISION OF NUTRITION SERVICES – MEMPHIS CITY SCHOOLS
OCTOBER BREAKFAST MENU 2009**

MONDAY <u>October 12, 2009</u>	TUESDAY <u>October 13, 2009</u>	WEDNESDAY <u>October 14, 2009</u>	THURSDAY <u>October 15, 2009</u>	FRIDAY <u>October 16, 2009</u>
 <p>Fall Break</p>	<p>Choice (A) Pop Tart & Graham Crackers (B) Chicken & Biscuit (C) Cereal & Graham Crackers</p> <p>Other Juice Milk</p>  <p>After School Snack: Apple Fruit Bar 6 oz. Juice</p>	<p>Choice (A) Banana Loaf (B) Cheddar Omelet & Toast (C) Cereal & Graham Crackers</p> <p>Other Juice Milk</p> <p>After School Snack: Lemon Dinosaur 6 oz. Juice</p>	<p>Choice (A) Blueberry Muffin (B) Sausage & Biscuit  (C) Cereal</p> <p>Other Juice Milk</p>  <p>After School Snack: Vanilla Bear Grahams 6 oz. Juice</p>	<p>Choice (A) Cinnamon Rolls (B) Grilled Cheese Sandwich (C) Cereal & Graham Crackers</p> <p>Other Juice Milk</p> <p>After School Snack: Cereal, Variety 8 oz. Milk</p>
<p><u>October 19, 2009</u></p> <p>Choice (A) Breakfast MVP (B) Breakfast Sausage Bagel (C) Cereal & Graham Crackers</p> <p>Other Juice Milk</p>  <p>After School Snack: Belly Bears 6 oz. Juice</p>	<p><u>October 20, 2009</u></p> <p>Choice (A) Pop Tart & Graham Crackers (B) Chicken & Biscuit (C) Cereal & Graham Crackers</p> <p>Other Juice Milk</p> <p>After School Snack: MVP 8 oz. Milk</p>	<p><u>October 21, 2009</u></p> <p>Choice (A) Banana Loaf (B) Cheddar Omelet & Toast (C) Cereal & Graham Crackers</p> <p>Other Juice Milk</p> <p>After School Snack: Baked Cheetos 6 oz. Juice</p>	<p><u>October 22, 2009</u></p> <p>Choice (A) Blueberry Muffin (B) Sausage & Biscuit  (C) Cereal & Graham Crackers</p> <p>Other Juice Milk</p>  <p>After School Snack: Animal Cookies 6 oz. Juice</p>	<p><u>October 23, 2009</u></p> <p>Choice (A) Mini Pancakes (B) Grilled Cheese Sandwich (C) Cereal & Graham Crackers</p> <p>Other Juice Milk</p> <p>After School Snack: Crunchy Snack Mix 8 oz. Milk</p>

MILK – STUDENTS HAVE A CHOICE OF A VARIETY OF MILK. *MENUS ARE SUBJECT TO CHANGE.*
***Graham Crackers MUST be offered with the Cereal & Pop Tart.

“In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination discriminating on the basis of race, color, national origin, age, sex, or disability. To file a complaint of, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800)795-3272 or 202-720-6382 (TTY). USDA is an equal opportunity provider and employer.”