

OCTOBER 2023

Trinity Christian School(High School Breakfast)

BREAKFAST

2023

Monday	Tuesday	Wednesday	Thursday	Friday
10/2/2023	10/3/2023	10/4/2023	10/5/2023	10/6/2023
^Assorted Cereal, Pears, Peaches, Cold Milk	^Mini Blueberry Muffins, String Cheese, Orange Juice, Applesauce cup, Cold Milk	^ Bagel w/ Cream Cheese, Mixed Fruit, Apple Juice, Cold Milk	^Sausage Biscuit, Apples, Orange, Cold Milk	^Assorted Cereal, Banana, Orange Slices, Cold Milk
10/9/2023	10/10/2023	10/11/2023	10/12/2023	10/13/2023
^Assorted Cereal, Orange Juice, Banana, Cold Milk	^Cheese Toast, Applesauce cup, Apple, Cold Milk	^Grit and Scrambled Eggs, Apple Juice, Pears, Cold Milk	^Sausage Links, ^French Toast sticks, Orange, Apple, Cold Milk	^Assorted Cereal, Banana, Orange Slices, Cold Milk
10/16/2023	10/17/2023	10/18/2023	10/19/2023	10/20/2023
^Assorted Cereal, Banana, Apple slices, Cold Milk	^Banana Muffin, Pears, Grape Juice, Cold Milk	^ Bagel w/ Cream Cheese, Mixed Fruit, Apple Juice, Cold Milk	^Sausage Biscuit, Apples, Orange, Cold Milk	^Assorted Cereal, Banana, Orange Half, Cold Milk
10/23/2023	10/24/2023	10/25/2023	10/26/2023	10/27/2023
^Assorted Cereal, Orange, Apple Slices, Cold Milk	^Cheese Toast, Applesauce cup, Apple, Cold Milk	^Grit and Scrambled Eggs, Apple Juice, Pears, Cold Milk	^Sausage Links, ^French Toast sticks, Orange, Apple, Cold Milk	^Assorted Cereal, Mixed Fruit, Banana, Cold Milk
10/30/2023	10/31/2023			
^Assorted Cereal, Apple Slices, Banana, Cold Milk	^Mini Blueberry Muffins, String Cheese, Orange Juice, Applesauce cup, Cold Milk	<u>Daily Breakfast Choice:</u> Whole Grain Cereal Offered Daily. Unflavored 1% Milk & Flavored 100% Fruit Juice		

Nondiscrimination Statement

^DENOTES WHOLE GRAIN/WHEAT ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. **MENU SUBJECT TO CHANGE** ***This institution is an equal opportunity provider. *** In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested