



# HAPPY HALLOWEEN



## HARDIN COUNTY SCHOOLS - ELEMENTARY BREAKFAST MENU

October 2020

4 oz. 100% Fruit Juice, 1/2 cup Fruit and 1/2 pint milk are offered each day.

### FALL BREAK – OCTOBER 5 – 9, 2020

Monday - 12	Tuesday - 13	Wednesday - 14	Thursday - 15	Friday - 16
	Eggo Blueberry Mini Pancakes Cereal	Chocolate-Chocolate Chip Muffin Cereal	Breakfast Sausage Pizza Cereal	Cinnamon Glazed French Toast Sticks Cereal
Monday - 19	Tuesday - 20	Wednesday - 21	Thursday - 22	Friday - 23
	Sausage and Pancake on a Stick Cereal	Mini Honeybun Popcorn Chicken Cereal	Egg and Cheese Biscuit Cereal	Funnel Cake Waffle Cereal
Monday - 26	Tuesday - 27	Wednesday - 28	Thursday - 29	Friday - 30
	Biscuit Gravy Cereal	Cinnamon Glazed French Toast Sticks Cereal	Biscuit Scrambled Egg Cereal	Pop-Tart Chicken Rings Cereal

1/2 cup Fresh, Canned and/or Frozen Fruit will be offered each day.

#### Breakfast Meal Pattern

- 1 oz. equivalent Grains/Breads daily (minimum 7 oz. eq. per week)
- 1 oz. Meat/Meat Alternate may be substituted for 1 oz. eq. Grain after daily minimum met
- 1 cup Fruit daily (5 cups weekly)
- 1 cup Milk daily (5 cups per week)

#### Milk Choices:

- 1/2 pint lowfat (1%) white milk
- 1/2 pint fat free 0% white milk
- 1/2 pint fat free 0% chocolate milk
- 1/2 pint fat free 0% strawberry milk

This institution is an equal opportunity provider.

