

**BREAKFAST**

# OCTOBER 2021

St. Thomas the Apostle

Fruit, Juice & milk served with each Meal.  
Menu subject to change.

"The USDA is an equal opportunity Employer"

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Warm Cinnamon Roll **1**  
Or  
Cheese Omelet with Toast

Pop Tart **4**  
Or  
Biscuit & Gravy

Cereal **5**

Decorated WG Donut **6**  
Or  
Cocoa Puff Breakfast

Scrambled Eggs with Toast **7**  
Or  
Pop Tart

Pancakes **8**  
Or  
Rainbow Fruit & Yogurt Parfait

Pancakes **11**  
Or  
Cereal with Yogurt

Breakfast Tomado **12**  
Or  
Cereal

Pancakes **13**  
Or  
Cereal

French Toast Bites **14**  
Or  
Cereal

Warm Cinnamon Roll **15**  
Yogurt

Pop Tart **18**  
Or  
Cereal  
Scrambled Eggs

Cocoa Puffs Breakfast Bar **19**  
Or  
Cereal & Yogurt

Cocoa Puffs Breakfast Bar **20**  
Or  
Decorated WG Donut

Scrambled Eggs with Toast **21**  
Or  
Pop Tart

No School P-K **22**

Pancakes **25**  
Or  
Cereal with Yogurt

Breakfast Tornado **26**  
Or  
Cereal with Pop Tart

Pancakes **27**  
Or  
Cereal

French Toast Bites **28**  
Or  
Cereal

Warm Cinnamon Roll **29**  
Or  
Cheese Omelet with Toast

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