

# October 2017

## Cleveland Intermediate School

### BREAKFAST



Students Full Price \$1.25  
Students Reduced \$0.30  
Teachers \$1.75



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

Breakfast Pizza **2**  
Or  
Cereal

### Tuesday

Sausage Biscuit **3**  
Or  
Cereal

### Wednesday

Pancake & Sausage Stick **4**  
Or  
Cereal

### Thursday

Yogurt Muffin **5**  
Or  
Cereal

### Friday

Scrambled Eggs **6**  
Or  
Cereal

Breakfast Burrito **9**  
Or  
Cereal

Eng. Muffin Breakfast Sandwich **10**  
( egg , ham, cheese)  
Or  
Cereal

Biscuit & Gravy Hash Brown **11**  
Or  
Cereal

French Toast Sticks **12**  
Or  
Cereal

Cheese Omelet **13**  
Or  
Cereal

Breakfast Pizza **16**  
Or  
Cereal

Sausage Biscuit **17**  
Or  
Cereal

**18**  
NO SCHOOL

*Offered Daily:* **19**  
Milk, Fruit Juice, Fruit  
and Toast  
NO SCHOOL

**This Institution Is** **20**  
**Equal Opportunity**  
**Provider And**  
**Employer**  
 NO SCHOOL

Breakfast Burrito **23**  
Or  
Cereal

Eng. Muffin Breakfast Sandwich **24**  
( egg , ham, cheese)  
Or  
Cereal

Biscuit & Gravy Hash Brown **25**  
Or  
Cereal

French Toast Sticks **26**  
Or  
Cereal

Cheese Omelet **27**  
Or  
Cereal

Breakfast Pizza **30**  
Or  
Cereal

Sausage Biscuit **31**  
Or  
Cereal

