

# October 2017

## Cleveland Middle School

### BREAKFAST



Students Full Price \$1.50  
 Students Reduced \$0.30  
 Teachers \$1.75  
 Adult Visitors \$2.



**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

### Tuesday

### Wednesday

### Thursday

### Friday

Breakfast Pizza **2**  
 Or  
 Cereal

Sausage Biscuit **3**  
 Or  
 Cereal

Pancake & Sausage Stick **4**  
 Or  
 Cereal

Yogurt Muffin **5**  
 Or  
 Cereal

Scrambled Eggs **6**  
 Toast  
 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 ,  
 Toast & Fruit Smoothies  
 NO SCHOOL

**This Institution Is An Equal Opportunity Provider And Employer** **20**  
 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

