

# OCT 2022

GEAR UP FOR  
**SWIM CLASS**





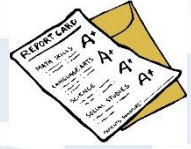


**ANNOUNCEMENTS:**

**Meal Price:**  
**Reduced Price**  
 Breakfast: \$0.30  
 Breakfast: \$2.00  
 Adult Breakfast: \$3.00



Pre-K is served  
 White Skim Milk  
 with Breakfast.

High School will  
 offer a fresh fruit  
 choice daily!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>French Toast w/Syrup</b> <sup>3</sup> -or- Donut Holes Mixed Fruit Apple Juice Assorted Milk	<b>Breakfast Pizza</b> <sup>4</sup> -or- Pop Tart and Toast Apple Orange Juice Assorted Milk	<b>Breakfast Sandwich</b> <sup>5</sup> -or- Glazed Breakfast Scone Diced Pears Grape Juice Assorted Milk	<b>Yogurt Parfait w/Granola</b> <sup>6</sup> -or- Cereal and Toast Orange Apple Juice Assorted Milk	<b>Scrambled Eggs</b> <sup>7</sup> w/Sausage and Toast -or- Pop Tart and Toast Banana Orange Juice Assorted Milk
<b>NO SCHOOL</b> <sup>10</sup> 	<b>NO SCHOOL</b> <sup>11</sup>  FALL BREAK	<b>NO SCHOOL</b> <sup>12</sup>  REPORT CARD PREP DAY	<b>NO SCHOOL</b> <sup>13</sup>  PROFESSIONAL LEARNING DAY	<b>NO SCHOOL</b> <sup>14</sup>  PARENT TEACHER CONFERENCES
<b>Whole Grain Waffles</b> <sup>17</sup> -or- Cereal and Toast Diced Peaches Grape Juice Assorted Milk	<b>Cinnamon Roll w/Glaze</b> <sup>18</sup> -or- Nutri Grain Bar and Toast Applesauce Orange Juice Assorted Milk	<b>Pancakes w/Sausage</b> <sup>19</sup> -or- Breakfast Muffin Pear Apple Juice Assorted Milk	<b>Donut Holes</b> <sup>20</sup> -or- Cereal and Toast Mixed Fruit Grape Juice Assorted Milk	<b>Scrambled Eggs</b> <sup>21</sup> w/Sausage and Toast -or- Pop Tart and Toast Apple Orange Juice Assorted Milk
<b>French Toast w/Syrup</b> <sup>24</sup> -or- Donut Holes Fruit Cocktail Grape Juice Assorted Milk	<b>Breakfast Pizza</b> <sup>25</sup> -or- Pop Tart and Toast Apple Orange Juice Assorted Milk	<b>Breakfast Sandwich</b> <sup>26</sup> -or- Bagel w/Cream Cheese Orange Apple Juice Assorted Milk	<b>Yogurt Parfait w/Granola</b> <sup>27</sup> -or- Cereal and Toast Banana Orange Juice Assorted Milk	<b>Glazed Breakfast Scone</b> <sup>28</sup> w/Glaze -or- Breakfast Muffin Diced Peaches Grape Juice Assorted Milk
<b>Whole Grain Waffle</b> <sup>31</sup> -or- Pop Tart and Toast Apple Orange Juice Assorted Milk	<u>November 1, 2022</u> <b>Cinnamon Roll w/Glaze</b> -or- Pop Tart and Toast Orange Apple Juice Assorted Milk	<u>November 2, 2022</u> <b>Scrambled Eggs</b> w/Sausage and Toast -or- Cereal and Toast Banana Grape Juice Assorted Milk	<u>November 3, 2022</u> <b>Donut Holes</b> -or- Pancake on a Stick Mixed Fruit Orange Juice Assorted Milk	<u>November 4, 2022</u> <b>Pancake w/Sausage</b> -or- Nutri Grain Bar Diced Pears Apple Juice Assorted Milk



We highly encourage ALL families to complete Free/Reduced Meal Applications for SY 22-23! Please visit: [family.titank12.com](http://family.titank12.com) to submit your application.

This institution is an equal opportunity provider. Menus are subject to change due to vendor availability

The Child Nutrition Department does not accept personal checks. For A la' Carte Purchases and Payments on meal accounts, please send cash in a sealed envelope w/ students: First and Last Name, Teacher's Name, and Serving Number.