

USDA AND THE STATE OF ALASKA ARE AN  
EQUAL OPPORTUNITY EMPLOYER AND  
PROVIDER.



# OCTOBER BREAKFAST 2018



MENU SUBJECT TO CHANGE DUE TO  
AVAILABILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>COLD CEREAL PEARS APPLE JUICE OR GRAPEFRUIT JUICE</p> <p>FF CHOCOLATE MILK OR 1% WHITE MILK</p>	<p>2</p> <p>BAGEL &amp; PEANUT BUTTER OR COLD CEREAL PEACHES OR FRESH FRUIT ORANGE JUICE</p> <p>FF CHOCOLATE MILK OR 1% WHITE MILK</p>	<p>3</p> <p>CINNAMON ROLL OR COLD CEREAL BLUEBERRY CUP APPLE JUICE OR CRANBERRY JUICE</p> <p>FF CHOCOLATE MILK OR 1% WHITE MILK</p>	<p>4</p> <p>HOT OATMEAL OR BREAKFAST BAR CHEESE STICK APPLESAUCE OR FRESH FRUIT GRAPE JUICE</p> <p>FF CHOCOLATE MILK OR 1% WHITE MILK</p>	<p>5</p> <p>MUFFIN OR BREAKFAST BAR YOGURT MIXED FRUIT JUICE BOX</p> <p>FF CHOCOLATE MILK OR 1% WHITE MILK</p>
<p>8</p> <p>TEACHER INSERVICE</p> <p>NO SCHOOL</p>	<p>9</p> <p>BAGEL &amp; PEANUT BUTTER OR COLD CEREAL PEACHES OR FRESH FRUIT ORANGE JUICE</p> <p>FF CHOCOLATE MILK OR 1% WHITE MILK</p>	<p>10</p> <p>FRENCH TOAST OR COLD CEREAL STRAWBERRY CUP APPLE JUICE OR CRANBERRY JUICE</p> <p>FF CHOCOLATE MILK OR 1% WHITE MILK</p>	<p>11</p> <p>HOT OATMEAL OR BREAKFAST BAR CHEESE STICK APPLESAUCE OR FRESH FRUIT GRAPE JUICE</p> <p>FF CHOCOLATE MILK OR 1% WHITE MILK</p>	<p>12</p> <p>POP-TART OR BREAKFAST BAR YOGURT TROPICAL FRUIT FRUIT JUICE</p> <p>FF CHOCOLATE MILK OR 1% WHITE MILK</p>
<p>15</p> <p>COLD CEREAL MANDARIN ORANGES APPLE JUICE OR GRAPEFRUIT JUICE</p> <p>FF CHOCOLATE MILK OR 1% WHITE MILK</p>	<p>16</p> <p>BAGEL &amp; PEANUT BUTTER OR COLD CEREAL PEACHES OR FRESH FRUIT ORANGE JUICE</p> <p>FF CHOCOLATE MILK OR 1% WHITE MILK</p>	<p>18</p> <p>PANCAKES OR COLD CEREAL STRAWBERRY CUP APPLE JUICE OR CRANBERRY JUICE</p> <p>FF CHOCOLATE MILK OR 1% WHITE MILK</p>	<p>18</p> <p>HOT OATMEAL OR BREAKFAST BAR CHEESE STICK APPLESAUCE OR FRESH FRUIT GRAPE JUICE</p> <p>FF CHOCOLATE MILK OR 1% WHITE MILK</p>	<p>19</p> <p>POP-TART OR BREAKFAST BAR YOGURT MIXED FRUIT FRUIT JUICE</p> <p>FF CHOCOLATE MILK OR 1% WHITE MILK</p>
<p>22</p> <p>COLD CEREAL PEARS APPLE JUICE OR GRAPEFRUIT JUICE</p> <p>FF CHOCOLATE MILK OR 1% WHITE MILK</p>	<p>23</p> <p>BAGEL &amp; PEANUT BUTTER OR COLD CEREAL PEACHES OR FRESH FRUIT ORANGE JUICE</p> <p>FF CHOCOLATE MILK OR 1% WHITE MILK</p>	<p>24</p> <p>WAFFLE OR COLD CEREAL STRAWBERRY CUP APPLE JUICE OR CRANBERRY JUICE</p> <p>FF CHOCOLATE MILK OR 1% WHITE MILK</p>	<p>25</p> <p>HOT OATMEAL OR BREAKFAST BAR CHEESE STICK APPLESAUCE OR FRESH FRUIT GRAPE JUICE</p> <p>FF CHOCOLATE MILK OR 1% WHITE MILK</p>	<p>26</p> <p>MUFFIN OR BREAKFAST BAR YOGURT TROPICAL FRUIT JUICE BOX</p> <p>FF CHOCOLATE MILK OR 1% WHITE MILK</p>
<p>29</p> <p>COLD CEREAL MANDARIN ORANGES APPLE JUICE OR GRAPEFRUIT JUICE</p> <p>FF CHOCOLATE MILK OR 1% WHITE MILK</p>	<p>30</p> <p>BAGEL &amp; PEANUT BUTTER OR COLD CEREAL PEACHES OR FRESH FRUIT ORANGE JUICE</p> <p>FF CHOCOLATE MILK OR 1% WHITE MILK</p>	<p>31</p> <p>CINNAMON ROLL OR COLD CEREAL BLUEBERRY CUP APPLE JUICE OR CRANBERRY JUICE</p> <p>FF CHOCOLATE MILK OR 1% WHITE MILK</p>	<p>STUDENT BREAKFAST \$1.50 ADULT BREAKFAST \$1.50 MILK \$ .75 ADULT MEALS ADD \$ .75 FOR MILK</p> 	<p>Grain Products offered are Whole Grain Rich WGR</p> <p>Juice Products are 100% Juice</p> <p>GMS serves graham crackers with the cold cereal meal</p>