

# October 2017

## Resurrection Catholic Middle and High School

### BREAKFAST



Variety of juice served daily.  
Tuesday Yogurt Parfaits  
Thursday Yogurt Parfaits



**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.

**This institution is an equal opportunity provider and employer**



### Monday

1) French Toast Sticks **2**  
2) Cereal/Pop tart  
Fruit

### Tuesday

1) Mini Pancake Sausage **3**  
2) Cereal/Pop tart  
Fruit

### Wednesday

1) Breakfast Pizza **4**  
2) Cereal/Pop tart  
Fruit

### Thursday

1) Breakfast Burrito **5**  
2) Cereal/Pop tart  
Fruit

### Friday

1) Scrambled Eggs Sausage **6**  
2) Cereal/Pop tart  
Fruit

NO SCHOOL **9**

1) Breakfast Bagel **10**  
2) Cereal/Pop tart  
Fruit

1) Bacon-Egg-Cheese Biscuit **11**  
2) Cereal/Pop tart  
Fruit

1) Pancake Pup **12**  
2) Cereal/Pop tart  
Fruit

1) Sausage & Cheese Croissants **13**  
2) Cereal/Pop tart  
Fruit

1) French Toast Sticks **16**  
2) Cereal/Pop tart  
Fruit

1) Mini Waffle/Sausage **17**  
2) Cereal/Pop tart  
Fruit

1) Sausage Biscuit **18**  
2) Cereal/Pop tart  
Fruit

1) Breakfast Burrito **19**  
2) Cereal/Pop tart  
Fruit

1) Cinna Mini **20**  
2) Cereal/Pop tart  
Fruit

1) Chicken Biscuit **23**  
2) Cereal/Pop tart  
Fruit

1) Mini Pancake/Sausage **24**  
2) Cereal/Pop tart  
Fruit

1) Breakfast Pizza **25**  
2) Cereal/Pop tart  
Fruit

1) Pancake Pup **26**  
2) Cereal/Pop tart  
Fruit

1) Grits/Sausage/Toast **27**  
2) Cereal/Pop tart  
Fruit

1) French Toast Sticks **30**  
2) Cereal/Pop tart  
Fruit

1) Breakfast Bagel **31**  
2) Cereal/Pop tart  
Fruit

