Cayuga I.S.D. Breakfast Menu

TUESDAY **MONDAY** WEDNESDAY **4**TH **Breakfast Sausage Bites Breakfast Tornado** Waffles (Egg, Turkey Sausage & Cheese Whole Grain Tornado) Cereal w/ Whole Wheat Toast Cereal w/ Whole Wheat Toast ½ Cup 100% Fruit Juice ½ Cup 100% Fruit Juice Cereal w/ Whole Wheat Toast ½ Cup Fruit (Assortment) ½ Cup Fruit (Assortment) ½ Cup 100% Fruit Juice Milk Variety Milk Variety ½ Cup Fruit (Assortment) Milk Variety 10TH 11TH **Breakfast Burrito** Mini Waffles School Yogurt w/Granola Cereal w/ Whole Wheat Toast Holiday ½ Cup 100% Fruit Juice Cereal w/ Whole Wheat Toast ½ Cup Fruit (Assortment) 1/2 Cup 100% Fruit Juice ½ Cup Fruit (Assortment) Milk Variety Milk Variety 17TH 18TH Scrambled Eggs Pig-n-a-Blanket (Kolache) **Breakfast Wrap** Bacon W/Whole Wheat Toast Cereal w/ Whole Wheat Toast Cereal w/ Whole Wheat Toast ½ Cup 100% Fruit Juice ½ Cup 100% Fruit Juice Cereal w/ Whole Wheat Toast ½ Cup Fruit (Assortment) ½ Cup 100% Fruit Juice ½ Cup Fruit (Assortment) ½ Cup Fruit (Assortment) Milk Variety Milk Variety Milk Variety 24TH 25^{TH} Uncrustable (PB&J) **Early Bird Sandwich** Mini Pancakes (Waffle, Sausage, & Egg) Cereal w/ Whole Wheat Toast Cereal w/ Whole Wheat Toast Cereal w/ Whole Wheat Toast ½ Cup 100% Fruit Juice ½ Cup 100% Fruit Juice ½ Cup 100% Fruit Juice ½ Cup Fruit (Assortment) ½ Cup Fruit (Assortment) ½ Cup Fruit (Assortment) Milk Variety Milk Variety Milk Variety **31**ST

THURSDAY **FRIDAY 7**TH 5TH **6**TH Sausage Biscuit Skillet Frittata (Egg, Cheese, & Turkey Sausage) w/Whole Wheat Toast Cereal w/ Whole Wheat Toast ½ Cup 100% Fruit Juice Cereal w/ Whole Wheat Toast ½ Cup Fruit (Assortment) ½ Cup 100% Fruit Juice Milk Variety ½ Cup Fruit (Assortment) Milk Variety 13TH 12TH 14TH Cheese Toast (Pre-K) Chicken-n-Biscuit *Cinnamon Roll Cereal w/ Whole Wheat Toast w/Turkey Sausage Links ½ Cup 100% Fruit Juice Cereal w/ Whole Wheat Toast ½ Cup Fruit (Assortment) ½ Cup 100% Fruit Juice Milk Variety ½ Cup Fruit (Assortment) Milk Variety 19TH **21**ST 20^{TH} **Sunrise Sandwich** Sausage Biscuit (Croissant, Cheese, Turkey Ham, & Egg) Cereal w/ Whole Wheat Toast Cereal w/ Whole Wheat Toast ½ Cup 100% Fruit Juice ½ Cup 100% Fruit Juice ½ Cup Fruit (Assortment) ½ Cup Fruit (Assortment) Milk Variety Milk Variety 27TH 28TH 26TH Cheese Toast (Pre-K) **Breakfast Combo Bar**

*Cinnamon Roll

w/Turkey Sausage Links

Cereal w/ Whole Wheat Toast

½ Cup 100% Fruit Juice

½ Cup Fruit (Assortment)

Milk Variety

W/Whole Wheat Toast

Cereal w/ Whole Wheat Toast

½ Cup 100% Fruit Juice

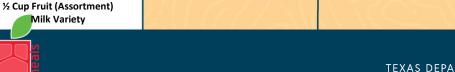
½ Cup Fruit (Assortment)

Milk Variety



An assorted choice of cereal w/Whole Wheat Toast, ½ Cup 100 % Fruit Juice, ½ Cup Fruit (Assortment), and

A Variety of 1% and Fat Free Milk will be served daily.





Pancakes & Sausage on a Stick or Cereal w/ Whole Wheat Toast ½ Cup 100% Fruit Juice