

Cayuga I.S.D. Breakfast Menu

OCT

MENU 2022

GEAR UP FOR SWIM CLASS



ANNOUNCEMENTS:

Menu Subject to Change!

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.

MONDAY

3RD

Breakfast Sausage Bites
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety

10TH

School
Holiday

17TH

Pig-n-a-Blanket (Kolache)
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety

24TH

Mini Pancakes
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety

31ST

Pancakes & Sausage on a Stick
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety

TUESDAY

4TH

Breakfast Tornado
(Egg, Turkey Sausage & Cheese
Whole Grain Tornado)
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety

11TH

Breakfast Burrito
or
Yogurt w/Granola
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety

18TH

Breakfast Wrap
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety

25TH

Uncrustable (PB&J)
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety

WEDNESDAY

5TH

Waffles
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety

12TH

Mini Waffles
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety

19TH

Scrambled Eggs
Bacon
w/Whole Wheat Toast
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety

26TH

Early Bird Sandwich
(Waffle, Sausage, & Egg)
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety

THURSDAY

6TH

Sausage Biscuit
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety

13TH

Cheese Toast (Pre-K)
or
*Cinnamon Roll
w/Turkey Sausage Links
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety

20TH

Sausage Biscuit
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety

27TH

Cheese Toast (Pre-K)
or
*Cinnamon Roll
w/Turkey Sausage Links
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety

FRIDAY

7TH

Skillet Frittata
(Egg, Cheese, & Turkey Sausage)
w/Whole Wheat Toast
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety

14TH

Chicken-n-Biscuit
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety

21ST

Sunrise Sandwich
(Croissant, Cheese, Turkey Ham, & Egg)
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety

28TH

Breakfast Combo Bar
W/Whole Wheat Toast
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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