

Cayuga I.S.D. Breakfast Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

FEB

MENU 2023

GEAR UP FOR TRACK & FIELD



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.

Blank menu box for Monday.

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1ST
Scrambled Eggs
Bacon
W/Whole Wheat Toast
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety

2ND
Sausage Biscuit
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety

3RD
Sunrise Sandwich
(Croissant, Cheese, Turkey Ham, & Egg)
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety

6TH
Mini Pancakes
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety

7TH
Sausage Gravy Breakfast Square
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety

8TH
Breakfast Combo Bar
W/Whole Wheat Toast
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety

9TH
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

10TH
Early Bird Sandwich
(Waffle, Sausage, & Egg)
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety

13TH
Pancakes & Sausage on a Stick
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety

14TH
Uncrustable (PB&J)
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety

15TH
Dutch Waffle
Bacon
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety

16TH
Sausage Biscuit
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety

17TH
School Holiday

20TH
School Holiday

21ST
Breakfast Pizza
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety

22ND
Scrambled Eggs
Bacon
W/Whole Wheat Toast
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety

23RD
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

24TH
Chicken-n-Biscuit
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety

27TH
Breakfast Sausage Bites
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety

28TH
Breakfast Wrap
(Egg, Cheese and Sausage)
or
Cereal w/ Whole Wheat Toast
½ Cup 100% Fruit Juice
½ Cup Fruit (Assortment)
Milk Variety

Blank menu box for Wednesday.

Blank menu box for Thursday.

Blank menu box for Friday.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
National School Lunch Program



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