



# CATO-MERIDIAN SCHOOL BREAKFAST

October 2009

Monday	Tuesday	Wednesday	Thursday	Friday
			1 FRENCH TOAST STICKS WITH SYRUP FRUIT OR JUICE MILK	2 BAGEL WITH CREAM CHEESE FRUIT OR JUICE MILK
5 ASSORTED CEREALS WHEAT TOAST FRUIT OR JUICE MILK	6 HAM & CHEESE ON A BUN FRUIT OR JUICE MILK	7 BREAKFAST WRAP FRUIT OR JUICE MILK	8 HOT PANCAKES WITH WARM SYRUP FRUIT OR JUICE MILK	9 BAGEL WITH CREAM CHEESE FRUIT OR JUICE MILK
12 <div style="border: 1px solid black; padding: 5px; text-align: center;">No School Col umbus Day</div>	13 SAUSAGE & CHEESE ON A BUN FRUIT OR JUICE MILK	14 BREAKFAST PIZZA FRUIT OR JUICE MILK	15 WAFFLES WITH WARM SYRUP FRUIT OR JUICE MILK	16 BAGEL WITH CREAM CHEESE FRUIT OR JUICE MILK
19 ASSORTED CEREALS WHEAT TOAST FRUIT OR JUICE MILK	20 HAM & CHEESE ON A BUN FRUIT OR JUICE MILK	21 FRENCH TOAST STICKS WITH SYRUP FRUIT OR JUICE MILK	22 HOT PANCAKES WITH WARM SYRUP FRUIT OR JUICE MILK	23 BAGEL WITH CREAM CHEESE FRUIT OR JUICE MILK
26 ASSORTED CEREALS WHEAT TOAST FRUIT OR JUICE MILK	27 SAUSAGE & CHEESE ON A BUN FRUIT OR JUICE MILK	28 BREAKFAST PIZZA FRUIT OR JUICE MILK	29 WAFFLES WITH WARM SYRUP FRUIT OR JUICE MILK	30 BAGEL WITH CREAM CHEESE FRUIT OR JUICE MILK

Student Breakfast:	\$ 1.25
Reduced Breakfast	\$ 0.25
Adult Breakfast	\$ 1.75

**Available Daily as Alternate**

- Breakfast Entrée
- ASSORTED COLD CEREAL
- BAGEL with CREAM CHEESE
- ENGLISH MUFFIN with PEANUT BUTTER

**Available a la carte Daily**

FRESH FRUIT	\$ 0.50
4 OZ. JUICE	\$ 0.45
BOTTLED WATER	\$ 0.75

**Milk Options** \$ 0.55

- Skim Milk
- 1% Milk
- 1% Chocolate



Menu Subject to change.  
Notice given when possible.

Earn while your children learn....Contact the dining service office for details.

**Wellness Tip:** Kids may dream of seeing The Great Pyramids in Egypt one day. But there's one pyramid they can visit every day! That's the Food Pyramid for Kids, which spells out these daily guidelines for healthy eating. Find the pyramid at [www.mypyramid.gov/kids](http://www.mypyramid.gov/kids)

**GRAINS:** 6 ounces . At least half should be whole grains.

**VEGETABLES:** 2 1/2 cups. Encourage variety.

**FRUITS:** 1 1/2 cups. Aim for mostly fresh fruit rather than juice.

**MILK:** 3 cups fat-free or low-fat milk (2 cups for children 2-8). Count 1 cup low-fat yogurt or 1 1/2 ounce low-fat cheese as 1 cup milk.

**MEAT & BEANS:** 5 ounces. Include lean meat, chicken, turkey, fish, eggs, beans, nuts, & seeds.