

# October 2016

## DECATURVILLE, PARSONS, DCMS

### BREAKFAST



Varieties of Cereal and Pop-Tarts are available daily as choices.



**Daily Servings:** 1 oz. grains/breads daily. Minimum 7ozs. ( K-5) 8 ozs. (6-8) Maximum 10 ozs. For both. 1 oz. meat/meat alternate may be substituted for 1 oz. grain after daily minimum is met. 1 cup fruit daily (5 cups per week) 1 cup milk daily (5 cups per week.)



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



3



4



5



6



7

Cinni-Minnis  
Applesauce  
100% Juice  
Milk

10

Chicken and Biscuit  
Grapes  
100% Juice  
Milk

11

Chocolate Chip  
Muffin  
Strawberry Cup  
100% Juice

12

Breakfast Pizza  
Orange Slices  
100% Juice  
Milk

13

French Toast Sticks  
Banana  
100% Juice  
Milk

14

Sausage and Biscuit  
Apple Slices  
100% Fruit Juice  
Milk

17

Cinni-Minnis  
Applesauce  
100% Juice  
Milk

18

Chicken and Biscuit  
Grapes  
100% Juice  
Milk

19

Eggo Mini Blueberry  
Pancakes  
Banana  
100% Juice

20

Breakfast Pizza  
Orange Slices  
100% Juice  
Milk

21

French Toast Sticks  
Banana  
100% Juice  
Milk

24

Sausage and Biscuit  
Apple Slices  
100% Fruit Juice  
Milk

25

Fresh Baked Cinnamon  
Roll, Applesauce  
100% Juice  
Milk

26

Chicken and Biscuit  
Grapes  
100% Juice  
Milk

27

Chocolate Chip  
Muffin  
Strawberry Cup  
100% Juice

28

Breakfast Pizza  
Orange Slices  
100% Juice  
Milk

31



"USDA is an equal opportunity Provider."

