



# Smyer ISD October Breakfast

October  
2023

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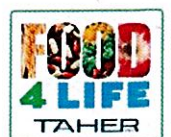
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Mini Pancakes Cheese Stick (with Mini Donuts)  Choice of Cereal Graham Crackers  100% Apple Juice Fruit Selection	<b>3</b> Cheesy Ham Melt  Choice of Cereal Graham Crackers  Juice Selection Fruit Selection  Milk	<b>4</b> Homemade Coffee Cake  Choice of Cereal Graham Crackers  Juice Selection Fruit Selection  Milk Fat Free Chocolate Milk	<b>5</b> Pancake on a Stick  Choice of Cereal Graham Crackers  100% Orange Juice Fresh Apple  Fat Free Chocolate Milk Milk	<b>6</b> Breakfast Pizza  Choice of Cereal Graham Crackers  100% Orange Juice Fresh Orange  Milk Fat Free Chocolate Milk
<b>9</b> No School	<b>10</b> Chocolate Chip Muffin Cheese Stick  Choice of Cereal Graham Crackers  Juice Selection Fresh Apple  Milk	<b>11</b> Breakfast Flatbread  Choice of Cereal Graham Crackers  100% Apple Juice Fresh Orange  Milk	<b>12</b> Choice of Egg Choice of Grain  Choice of Cereal Graham Crackers  Juice Selection Fresh Orange  Milk	<b>13</b> Biscuits & Gravy  Choice of Cereal Graham Crackers  Juice Selection Fresh Orange  Milk
<b>16</b> Blueberry Muffin  Choice of Cereal Graham Crackers  Juice Selection Fruit Selection  Milk	<b>17</b> Breakfast Sandwich, Sausage Biscuit  Choice of Cereal Graham Crackers  100% Apple Juice Fresh Orange  Milk	<b>18</b> Mini Pancakes Cheese Stick  Choice of Cereal Graham Crackers  Juice Selection Banana  Milk	<b>19</b> Cinnamon Roll  Choice of Cereal Graham Crackers  100% Orange Juice Fresh Orange  Milk	<b>20</b> Bacon, Egg & Cheese on Biscuit  Choice of Cereal Graham Crackers  100% Grape Juice Banana  Milk
<b>23</b> French Toast Sticks Sausage Patty  Choice of Cereal Graham Crackers  100% Apple Juice Fresh Orange  Milk	<b>24</b> Choice of Breakfast Pizza  Choice of Cereal Graham Crackers  Juice Selection Fresh Orange  Milk	<b>25</b> Blueberry Muffin Cheese Stick Choice of Cereal Graham Crackers  Juice Selection Mixed Canned Fruit  Milk	<b>26</b> Breakfast Bowl Choice of Grain  Choice of Cereal Graham Crackers  100% Orange Juice Fresh Pear  Milk	<b>27</b> Mini Waffles  Choice of Cereal Graham Crackers  Juice Selection Fresh Orange  Milk
<b>30</b> Mini Donuts Cheese Stick (with Mini Donuts)  Choice of Cereal Graham Crackers  Juice Selection Fresh Orange  Milk	<b>31</b> Cheesy Ham Melt  Choice of Cereal Graham Crackers  Juice Selection Fresh Apple Graham Crackers  Milk	This is for Food 4 Thought		

<b>PRICES</b>	\$1.00	\$1.00
	\$1.00	\$1.00
	\$1.00	\$1.00
	\$1.00	\$1.00
	\$1.00	\$1.00
<b>EXTRA INFO</b>		

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