



# October 2007

## HHS Breakfast

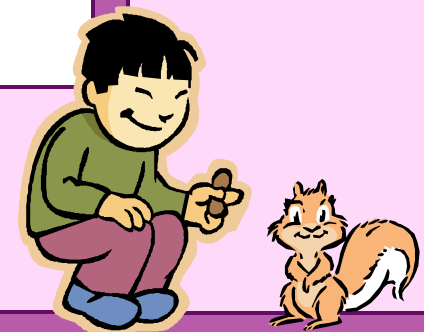


### School News

Minimum Requirements:  
 Meat/Meat Alt: 2 oz.  
 Grains/Breads: 8 svg./wk  
 Fruit/Veg: ¾ c/day  
 Milk (choices): 8 oz.

“USDA is an equal opportunity provider and employer.”

Homework Hotlines:  
 East End: 784-4171  
 Stigall: 784-2825  
 HMS: 784-9514  
 HHS: 784-2781



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<b>1</b> Breakfast Burrito/Salsa Cereal 100% Fruit Juice Milk	<b>2</b> Breakfast Pizza Cereal 100% Fruit Juice Milk	<b>3</b> Pop Tarts (2) Cereal ½ Orange Milk	<b>4</b> French Toast Stix / Syrup Cereal Orange Sherbet Cup Milk	<b>5</b> Sausage Biscuit Cereal 100% Fruit Juice Milk
<b>8</b> Blueberry Muffin Cereal 100% Fruit Juice Milk	<b>9</b> Breakfast Casserole Cereal 100% Fruit Juice Milk	<b>10</b> Cherry Turnovers Cereal 100% Fruit Juice Milk	<b>11</b> Ham Biscuit Cereal 100% Fruit Juice Milk	<b>12</b> No School
<b>15</b> Fall Break	<b>16</b> Fall Break	<b>17</b> Fall Break	<b>18</b> Fall Break	<b>19</b> Fall Break
<b>22</b> Pizza Breakfast Bagel Cereal Banana Milk	<b>23</b> Pancakes ½ c Strawberries Cereal Milk	<b>24</b> Yoplait Yogurt Cheese Toast 100% Fruit Juice Milk	<b>25</b> Pop Tarts (2) Cereal ½ Orange Milk	<b>26</b> Waffle Stix / Syrup Cereal 100% Fruit Juice Milk
<b>29</b> Sausage Pancake on a Stick Cereal 100% Fruit Juice Milk	<b>30</b> Sausage Eggs Hashbrowns 100% Fruit Juice Milk	<b>31</b> Toast/Jelly (2) Cereal 100% Fruit Juice Milk		