



ARGOSY COLLEGEIATE MIDDLE SCHOOL BRC - Breakfast K-12

Monday	Tuesday	Wednesday	Thursday	Friday
October 2, 2017	October 3, 2017	October 4, 2017	October 5, 2017	October 6, 2017
APPLE JACKS ^ Vanilla Waffle Square ^ Craisins Grape Juice Choice of Milk	MOZZARELLA CHEESE STICK Corn Muffin ^ Peach Cup Blended Fruit Juice Choice of Milk	*Make Your Own Parfait* VANILLA YOGURT Granola ^ Fresh Fruit Choice of Milk	BAGEL ^ Cream Cheese Fresh Fruit Orange Juice Choice of Milk	FROSTED MINI WHEATS ^ Animal Grahams ^ Fresh Fruit Choice of Milk
October 9, 2017	October 10, 2017	October 11, 2017	October 12, 2017	October 13, 2017
COLUMBUS DAY	*Make Your Own Parfait* STRAWBERRY BANANA YOGURT Granola ^ Craisins Apple-Cranberry Juice Choice of Milk	FROSTED FLAKES ^ Graham Crackers ^ Fresh Fruit Choice of Milk	MOZZARELLA CHEESE STICK Banana Muffin ^ Fresh Fruit Blended Fruit Juice Choice of Milk	CINNAMON CHEX ^ French Toast Breakfast Bar ^ Fresh Fruit Choice of Milk
October 16, 2017	October 17, 2017	October 18, 2017	October 19, 2017	October 20, 2017
GOLDEN GRAHAM CEREAL ^ Strawberry Pancake Square ^ Craisins Orange Juice Choice of Milk	*Make Your Own Parfait* VANILLA YOGURT Granola ^ Diced Pears Grape Juice Choice of Milk	COCOA PUFFS ^ Vanilla Waffle Square ^ Fresh Fruit Choice of Milk	ENGLISH MUFFIN ^ Sunbutter Cup Assorted Jelly Fresh Fruit Apple-Cranberry Juice Choice of Milk	MOZZARELLA CHEESE STICK Blueberry Muffin ^ Fresh Fruit Choice of Milk
October 23, 2017	October 24, 2017	October 25, 2017	October 26, 2017	October 27, 2017
RICE KRISPIES ^ Maple Breakfast Square ^ Craisins Blended Fruit Juice Choice of Milk	FROOT LOOPS ^ Cherry Breakfast Bar ^ Orange Juice Cinnamon Applesauce Choice of Milk	MOZZARELLA CHEESE STICK Tropical Mini Loaf ^ Fresh Fruit Choice of Milk	*Make Your Own Parfait* STRAWBERRY YOGURT Granola ^ Fresh Fruit Mixed Fruit Cup Choice of Milk	CINNAMON FLAKES ^ Graham Crackers ^ Fresh Fruit Choice of Milk
October 30, 2017	October 31, 2017	November 1, 2017	November 2, 2017	November 3, 2017
NO SCHOOL	APPLE JACKS ^ Vanilla Waffle Square ^ Craisins Grape Juice Choice of Milk			

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

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FEATURE FOOD DAYS

NATIONAL SCHOOL LUNCH WEEK

NATIONAL TACO DAY

MEATLESS MONDAY

BREAKFAST FOR LUNCH

MAKE YOUR OWN

NEW ITEMS

BUILD A BETTER BURGER

MAKE YOUR OWN SALAD