

# October 2017

## CLOVERDALE HIGH SCHOOL

### BREAKFAST



**Meal Prices:**  
**Breakfast: \$1.45**  
**Reduced: \$.30.**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Sausage Biscuit or Poptart **2**  
Or Variety of Muffins  
Milk, Juice & Assorted Fruit

Sausage & Pancakes **3**  
or Poptart  
Or Variety of Muffins  
Milk, Juice & Assorted Fruit

Biscuit & Gravy **4**  
or Poptart  
Or Variety of Muffins  
Milk, Juice & Assorted Fruit

Sausage Waffles **5**  
or Poptart  
Or Variety of Muffins  
Milk, Juice & Assorted Fruit

Breakfast Pizza or Poptart **6**  
Or Variety of Muffins  
Milk, Juice & Assorted Fruit

Breakfast Pizza **9**  
or Poptart  
Or Variety of Muffins  
Milk, Juice & Assorted Fruit

Omelet & Sausage Biscuit **10**  
or Poptart  
Or Variety of Muffins  
Milk, Juice & Assorted Fruit

Sausage, Egg & Cheese **11**  
Biscuit or Poptart  
Or Variety of Muffins  
Milk, Juice & Assorted Fruit

Sausage Waffles **12**  
or Poptart  
Or Variety of Muffins  
Milk, Juice & Assorted Fruit

Frittata & Sausage Biscuit **13**  
or Poptart  
Or Variety of Muffins  
Milk, Juice & Assorted Fruit

NO SCHOOL **16**

NO SCHOOL **17**

NO SCHOOL **18**

NO SCHOOL **19**

NO SCHOOL **20**

Sausage Biscuit or Poptart **23**  
Or Variety of Muffins  
Milk, Juice & Assorted Fruit

Sausage & Pancakes **24**  
or Poptart  
Or Variety of Muffins  
Milk, Juice & Assorted Fruit

Biscuit & Gravy **25**  
or Poptart  
Or Variety of Muffins  
Milk, Juice & Assorted Fruit

Sausage Waffles **26**  
or Poptart  
Or Variety of Muffins  
Milk, Juice & Assorted Fruit

Breakfast Pizza or Poptart **27**  
Or Variety of Muffins  
Milk, Juice & Assorted Fruit

Breakfast Pizza **30**  
or Poptart  
Or Variety of Muffins  
Milk, Juice & Assorted Fruit

Omelet & Sausage Biscuit **31**  
or Poptart  
Or Variety of Muffins  
Milk, Juice & Assorted Fruit

