

# October 2017 CLOVERDALE ELEMENTARY & M.S.

**BREAKFAST**



**School Information:** Breakfast 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

BREAKFAST PIZZA **2**  
Variety Muffins or  
Variety Poptarts WG  
MILK ,JUICE & ASSORTED FRUIT

SCRAMBLE EGG W/ BISCUIT **3**  
Variety Muffins or  
Variety Poptarts WG  
MILK ,JUICE & ASSORTED  
FRUIT

FRENCH TOAST W/ SAUSAGE **4**  
Variety Muffins or  
Variety Poptarts WG  
MILK ,JUICE & ASSORTED  
FRUIT

Sausage Gravy W/ Biscuit **5**  
Variety Muffins or  
Variety Poptarts WG  
MILK ,JUICE & ASSORTED  
FRUIT

PANCAKES W/ SAUSAGE **6**  
Variety Muffins or  
Variety Poptarts WG  
MILK ,JUICE & ASSORTED  
FRUIT

BREAKFAST PIZZA **9**  
Variety Muffins or  
Variety Poptarts WG  
MILK ,JUICE & ASSORTED FRUIT

Sausage Gravy W/ Biscuit **10**  
Variety Muffins or  
Variety Poptarts WG  
MILK ,JUICE & ASSORTED  
FRUIT

FRENCH TOAST W/ SAUSAGE **11**  
Variety Muffins or  
Variety Poptarts WG  
MILK ,JUICE & ASSORTED  
FRUIT

EGG Sausage Omelet & **12**  
BISCUIT  
Variety Muffins or  
Variety Poptarts WG  
MILK ,JUICE & ASSORTED  
FRUIT

PANCAKES W/ SAUSAGE **13**  
Variety Muffins or  
Variety Poptarts WG  
MILK ,JUICE & ASSORTED  
FRUIT

No School **16**  


NO SCHOOL **17**  


NO SCHOOL **18**  


NO SCHOOL **19**  


NO SCHOOL **20**  


BREAKFAST PIZZA **23**  
Variety Muffins or  
Variety Poptarts WG  
MILK ,JUICE & ASSORTED FRUIT

SCRAMBLE EGG W/ BISCUIT **24**  
Variety Muffins or  
Variety Poptarts WG  
MILK ,JUICE & ASSORTED  
FRUIT

FRENCH TOAST W/ SAUSAGE **25**  
Variety Muffins or  
Variety Poptarts WG  
MILK ,JUICE & ASSORTED  
FRUIT

Sausage Gravy W/ Biscuit **26**  
Variety Muffins or  
Variety Poptarts WG  
MILK ,JUICE & ASSORTED  
FRUIT

PANCAKES W/ SAUSAGE **27**  
Variety Muffins or  
Variety Poptarts WG  
MILK ,JUICE & ASSORTED  
FRUIT

BREAKFAST PIZZA **30**  
Variety Muffins or  
Variety Poptarts WG  
MILK ,JUICE & ASSORTED FRUIT

Sausage Gravy W/ Biscuit **31**  
Variety Muffins or  
Variety Poptarts WG  
MILK ,JUICE & ASSORTED  
FRUIT

