



**Breakfast Menu**  
**(Cafeteria & Hallway Grab-n-Go)**  
**October 2022**  
**Altus High School**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>03 Oct 2022</b>  <b>Sausage Breakfast Pizza</b> <b>Cubed Cheese</b> Milk/Juice/Fruit	<b>04</b>  <b>Warm Blueberry Muffin</b> Veggie Pack Strawberry Yogurt Chex Mix Milk/Juice/Fruit	<b>05</b>  <b>Granola Bar</b> Animal Crackers Milk/Juice/Fruit	<b>06</b>  <b>Egg &amp; Cheese Omelet</b> Cinn Mini Gripz Baby Carrots Milk/Juice/Fruit	<b>07</b>  <b>Cinnamon Toast Cereal</b> Flavored Yogurt Milk/Juice/Fruit
<b>10</b>  <b>Fruit Frudel</b> Cheese Stick Milk/Fruit/Juice	<b>11</b>  <b>Bulldog Egg Muffin</b> Teddy Grahams Milk/Fruit/Juice	<b>12</b>  <b>Turkey Sausage Pancake Wrap</b> Baby Carrots Milk/Fruit/Juice	<b>13</b>  <b>Honey Nut Cheerios</b> Yogurt Strawberry Yogurt Chex Mix Milk/Fruit/Juice	<b>14</b>  <b>FALL BREAK</b>
<b>17</b>  <b>FALL BREAK</b>	<b>18</b>  <b>Warm Banana Muffins</b> Cheese Stick WG Goldfish Milk/Fruit/Juice	<b>19</b>  <b>WG Cinnamon Roll</b> Veggie Pack Teddy Grahams Milk/Fruit/Juice	<b>20</b>  <b>Breakfast Bar w/Ham, Egg &amp; Cheese</b> Apple NutriGrain Bar Animal Crackers Milk/Fruit/Juice	<b>21</b>  <b>Golden Grahams Cereal</b> Flavored Yogurt Animal Crackers Milk/Fruit/Juice
<b>24</b>  <b>WG Eggo Waffle</b> Applesauce Milk/Fruit/Juice	<b>25</b>  <b>Granola Bar</b> Flavored Yogurt Cinnamon Mini Gripz Milk/Fruit/Juice	<b>26</b>  <b>Chocolate Chip Muffin</b> Baby Carrots Strawberry Yogurt Chex Mix Milk/Fruit/Juice	<b>27</b>  <b>Turkey Pancake Wrap</b> WG Goldfish Milk/Fruit/Juice	<b>28</b>  <b>Cinnamon Toast Cereal</b> Cheese Stick Milk/Fruit/Juice
<b>31</b>  <b>Mini Strawberry Bagel</b> Cubed Cheese Milk/Fruit/Juice	<b>01 Nov 2022</b>  <b>Sausage Biscuit</b> Veggie Pack Milk/Fruit/Juice	<b>02</b>  <b>Breakfast Bar w/Sau, Egg &amp; Cheese</b> WG Pretzel Goldfish Milk/Fruit/Juice	<b>03</b>  <b>Frosted Fudge Pop Tart</b> Veggie Pack Animal Cracker Milk/Fruit/Juice	<b>04</b>  <b>Honey Nut Cheerios Cereal</b> Flavored Yogurt Cinnamon Mini Gripz Milk/Fruit/Juice

**"BULLDOG FALL MENU - Staying Active & Fit"**

All menus subject to change due to availability of supplies.  
Meals offered to on-site and virtual students.

*This institution is an equal opportunity provider.*