

SCHOOL District #97 - School Breakfast Menu

BROOKS, IRVING, JULIAN, LONGFELLOW

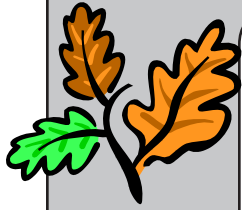
Monday

Tuesday

Wednesday

Thursday

Friday



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28 Cereal Box Milk	29 Blueberry Muffin# Fresh Fruit Milk	30 French Toast Sticks Fruit Cup Milk	1 Yogurt Parfait with Granola & Fresh Fruit Milk	2 Breakfast Pizza Fruit Cup Milk
5 Cereal Box Milk	6 Chocolate Chip Muffin# Fresh Fruit Milk	7 Turkey Sausage Pancake on a Stick# Fruit Cup Milk	8 Yogurt Parfait with Granola & Fresh Fruit Milk	9 Maple Mini Pancakes Fruit Cup Milk
12  COLUMBUS DAY	13 Blueberry Muffin# Fresh Fruit Milk	14 Glazed Cinnamon French Toast Fruit Cup Milk	15 Yogurt Parfait with Granola & Fresh Fruit Milk	16 Strawberry Mini Pancakes Fruit Cup Milk
19 Cereal Box Milk	20 Blueberry Muffin# Fresh Fruit Milk	21 Glazed Cinnamon French Toast Fruit Cup Milk	FALL CONFERENCES	
26 Cereal Box Milk	27 Chocolate Chip Muffin# Fresh Fruit Milk	28 Blueberry Sausage Pancake on a Stick Fruit Cup Milk	29 Yogurt Parfait with Granola & Fresh Fruit Milk	30 Maple Waffle Fruit Cup Milk

Prepared by
Oak Park &
River Forest High
School Food &
Nutrition Services
Department

All menus are less
than 30% calories
from fat