

Monday

Tuesday

Wednesday

Thursday

Friday

2
Coffee Cake
Bagel & Cream Cheese
Cereal, Assorted
Muffin, Assorted
Scone, Cinnamon or Blueberry
Whole Wheat Cinnamon Roll
Poptart, Cinnamon or Strawberry
PB&J

3
Egg, Sausage, Cheese Muffin
Bagel & Cream Cheese
Cereal, Assorted
Muffin, Assorted
Scone, Cinnamon or Blueberry
Whole Wheat Cinnamon Roll
Poptart, Cinnamon or Strawberry
PB&J

4
Breakfast Burrito
Bagel & Cream Cheese
Cereal, Assorted
Muffin, Assorted
Scone, Cinnamon or Blueberry
Whole Wheat Cinnamon Roll
Poptart, Cinnamon or Strawberry
PB&J

5
Egg, Sausage, Cheese Muffin
Bagel & Cream Cheese
Cereal, Assorted
Muffin, Assorted
Scone, Cinnamon or Blueberry
Whole Wheat Cinnamon Roll
Poptart, Cinnamon or Strawberry
PB&J

6
Breakfast Pizza
Bagel & Cream Cheese
Cereal, Assorted
Muffin, Assorted
Scone, Cinnamon or Blueberry
Whole Wheat Cinnamon Roll
Poptart, Cinnamon or Strawberry
PB&J

9
October
Break

10
October
Break

11
October
Break

12
October
Break

13
October
Break

16
Staff
Development

17
Egg, Sausage, Cheese Muffin
Bagel & Cream Cheese
Cereal, Assorted
Muffin, Assorted
Scone, Cinnamon or Blueberry
Whole Wheat Cinnamon Roll
Poptart, Cinnamon or Strawberry
PB&J

18
Breakfast Burrito
Bagel & Cream Cheese
Cereal, Assorted
Muffin, Assorted
Scone, Cinnamon or Blueberry
Whole Wheat Cinnamon Roll
Poptart, Cinnamon or Strawberry
PB&J

19
Egg, Sausage, Cheese Muffin
Bagel & Cream Cheese
Cereal, Assorted
Muffin, Assorted
Scone, Cinnamon or Blueberry
Whole Wheat Cinnamon Roll
Poptart, Cinnamon or Strawberry
PB&J

20
Breakfast Pizza
Bagel & Cream Cheese
Cereal, Assorted
Muffin, Assorted
Scone, Cinnamon or Blueberry
Whole Wheat Cinnamon Roll
Poptart, Cinnamon or Strawberry
PB&J

23
Coffee Cake
Bagel & Cream Cheese
Cereal, Assorted
Muffin, Assorted
Scone, Cinnamon or Blueberry
Whole Wheat Cinnamon Roll
Poptart, Cinnamon or Strawberry
PB&J

24
Egg, Sausage, Cheese Muffin
Bagel & Cream Cheese
Cereal, Assorted
Muffin, Assorted
Scone, Cinnamon or Blueberry
Whole Wheat Cinnamon Roll
Poptart, Cinnamon or Strawberry
PB&J

25
Breakfast Burrito
Bagel & Cream Cheese
Cereal, Assorted
Muffin, Assorted
Scone, Cinnamon or Blueberry
Whole Wheat Cinnamon Roll
Poptart, Cinnamon or Strawberry
PB&J

26
Egg, Sausage, Cheese Muffin
Bagel & Cream Cheese
Cereal, Assorted
Muffin, Assorted
Scone, Cinnamon or Blueberry
Whole Wheat Cinnamon Roll
Poptart, Cinnamon or Strawberry
PB&J

27
Breakfast Pizza
Bagel & Cream Cheese
Cereal, Assorted
Muffin, Assorted
Scone, Cinnamon or Blueberry
Whole Wheat Cinnamon Roll
Poptart, Cinnamon or Strawberry
PB&J

30
Coffee Cake
Bagel & Cream Cheese
Cereal, Assorted
Muffin, Assorted
Scone, Cinnamon or Blueberry
Whole Wheat Cinnamon Roll
Poptart, Cinnamon or Strawberry
PB&J

31
Egg, Sausage, Cheese Muffin
Bagel & Cream Cheese
Cereal, Assorted
Muffin, Assorted
Scone, Cinnamon or Blueberry
Whole Wheat Cinnamon Roll
Poptart, Cinnamon or Strawberry
PB&J

Breakfast Price: \$2.50 paid, .30 reduced

You may qualify for free or reduced price meals. Applications are available at all schools, at the District Office and on line at the Carmel Unified website.

For questions regarding the Food Service program please call the Food Service Office at 831-624-4515.