

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

3

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

4

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

5

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

6

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

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

18

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

19

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

20

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

23

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

24

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

25

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

26

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

27

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

30

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

31

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

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.