





# ESSEX NORTH SHORE

## AGRICULTURAL & TECHNICAL SCHOOL

### October 2022 School Breakfast Menu

*Serving Healthy Meals for Healthy Bodies & Minds*

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	
<p><b>03</b> Mini-Pancakes Assorted Fruit Juice Yogurt Milk</p>	<p><b>04</b> French Toast Sticks Tater Tots Assorted Fruit Juice/Yogurt Milk</p>	<p><b>05</b> <b>NO School</b></p>	<p><b>06</b> Danish Waffle Tater Tots Yogurt Assorted Fruit Juice Milk</p>	<p><b>07</b> Breakfast Sandwich Yogurt Assorted Fruit Juice Milk</p>	<p><b>Additional Daily Options</b> Bagel, Protein Bar, Pop-Tart Fruit &amp; Yogurt Parfaits/Granola</p>
<p><b>10</b> <b>NO School</b></p>	<p><b>11</b> Breakfast Sandwich Cereal Yogurt Assorted Fruit Juice Milk</p>	<p><b>12</b> Pancake Cereal Assorted Fruit Juice/Yogurt Milk</p>	<p><b>13</b> Scrambled Egg Cereal Yogurt Assorted Fruit Juice Milk</p>	<p><b>14</b> Breakfast Sandwich Yogurt Assorted Fruit Juice Milk</p>	
<p>All Meals include Fresh Fruit, Vegetable &amp; Milk This institution is an equal opportunity provider. Menu Subject to Change.</p>				<p>Give yourself the goodness of whole grains. Make at least half of the grains you eat whole grains. Grains such as bread, tortillas, pasta, and cereals. heart and digestion, and can help you maintain a healthy weight and good overall health.</p>	



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<p><b>17</b></p> <p>Mini-Pancakes Cereal Assorted Fruit Juice Yogurt Milk</p>	<p><b>18</b></p> <p>Scrambled Egg Hash Brown Cereal Yogurt Assorted Fruit Juice  Milk</p>	<p><b>19</b></p> <p>Breakfast Sandwich Cereal Yogurt Assorted Fruit  Juice Milk</p>	<p><b>20</b></p> <p>Pastry Cereal Yogurt Assorted Fruit Juice Milk</p>	<p><b>21</b></p> <p>Breakfast Sandwich Cereal Yogurt Assorted Fruit Juice Milk</p>	<p><b>Additional Daily Options</b> <b>Bagel, Protein Bar, Pop. Tart</b> <b>Fruit &amp; Yogurt Parfaits/Granola</b></p>
<p><b>24</b></p> <p>Scrambled Egg Cereal Yogurt Assorted Fruit Juice Milk</p>	<p><b>25</b></p> <p>Breakfast Sandwich Cereal Yogurt Assorted Fruit Juice Milk</p>	<p><b>26</b></p> <p>Pancake Cereal Assorted Fruit Juice/Yogurt Milk</p>	<p><b>27</b></p> <p>French Sticks Cereal Assorted Fruit Juice/ Yogurt Milk</p>	<p><b>28</b></p> <p>Breakfast Sandwich Cereal Yogurt Assorted Fruit Juice Milk</p>	
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<p><b>31</b></p> <p>Mini-Pancakes</p> <p>Assorted Fruit Juice</p> <p>Yogurt Milk</p>	<p><b>01</b></p> <p>French Toast Sticks</p> <p>Tater Tots Assorted Fruit Juice/Yogurt Milk</p>	<p><b>02</b></p> <p>Breakfast Sandwich</p> <p>Yogurt Assorted Fruit Juice Milk</p>	<p><b>03</b></p> <p>Danish Waffle</p> <p>Tater Tots</p> <p>Yogurt Assorted Fruit Juice Milk</p>	<p><b>04</b></p> <p>Breakfast Sandwich</p> <p>Yogurt</p> <p>Assorted Fruit Juice Milk</p>	<p><b>Additional Daily Options</b></p> <p><b>Bagel, Protein Bar, Pop. Tart</b></p> <p><b>Fruit &amp; Yogurt Parfaits/Granola</b></p>
<p><b>07</b></p> <p>Scrambled Egg Tater Tots</p> <p>Yogurt Assorted Fruit Juice</p> <p>Milk</p>	<p><b>08</b></p> <p><b>No School</b></p>	<p><b>09</b></p> <p>Pancake Tri-Taters</p> <p>Assorted Fruit Juice/Yogurt Milk</p>	<p><b>10</b></p> <p>French Toast Sticks</p> <p>Tri-Taters Assorted Fruit Juice/ Yogurt Milk</p>	<p><b>11</b></p> <p><b>No School</b></p>	
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