

FLSD Breakfast Menu

# August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16 <i>Cereal bars or WG assorted cereal, peaches, milk</i>	17 <i>Scrambled eggs or WG assorted cereal, WG toast, applesauce, milk</i>	18
19	20 <i>Bosco stick or WG assorted cereal, apple slices, milk</i>	21 <i>Breakfast burrito or WG assorted cereal, banana, milk</i>	22 <i>WG Pop Tart or WG assorted cereal, grapes, milk</i>	23 <i>Ham &amp; Cheese scramble or WG assorted cereal , WG toast, peaches, milk</i>	24 <i>Sausage Biscuit or WG assorted cereal, applesauce, milk</i>	25
26	27 <i>WG pancakes or WG assorted cereal, sau- sage patty, grapes milk</i>	28 <i>Yogurt w/granola or WG assorted cereal, applesauce, milk</i>	29 <i>Breakfast pizza or WG assorted cereal, pears, milk</i>	30 <i>Cereal bars or WG assorted cereal, peaches, milk</i>	31 <i>Scrambled eggs or WG assorted cereal, WG toast, applesauce, milk</i>	

This institution is an equal opportunity provider.

# September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <i>No School—Labor Day</i>	4 <i>Breakfast burrito or WG assorted cereal, banana, milk</i>	5 <i>WG Pop Tart or WG assorted cereal, grapes, milk</i>	6 <i>Ham &amp; Cheese scramble or WG assorted cereal , WG toast, peaches, milk</i>	7 <i>Sausage Biscuit or WG assorted cereal, applesauce, milk</i>	8
9	10 <i>WG pancakes or WG assorted cereal, sausage patty, grapes milk</i>	11 <i>Yogurt w/granola or WG assorted cereal, applesauce, milk</i>	12 <i>Breakfast pizza or WG assorted cereal, pears, milk</i>	13 <i>Cereal bars or WG assorted cereal, peaches, milk</i>	14 <i>Scrambled eggs or WG assorted cereal, WG toast, applesauce, milk</i>	15
16	17 <i>Bosco stick or WG assorted cereal, apple slices, milk</i>	18 <i>Breakfast burrito or WG assorted cereal, banana, milk</i>	19 <i>WG Pop Tart or WG assorted cereal, grapes, milk</i>	20 <i>Ham &amp; Cheese scramble or WG assorted cereal , WG toast, peaches, milk</i>	21 <i>Sausage Biscuit or WG assorted cereal, applesauce, milk</i>	22
23	24 <i>WG pancakes or WG assorted cereal, sausage patty, grapes,milk</i>	25 <i>Yogurt w/granola or WG assorted cereal, applesauce, milk</i>	26 <i>Breakfast pizza or WG assorted cereal, pears, milk</i>	27 <i>Cereal bars or WG assorted cereal, peaches, milk</i>	28 <i>Scrambled eggs or WG assorted cereal, WG toast, applesauce, milk</i>	29
30						

FLSD Breakfast Menu

# October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Bosco stick or WG assorted cereal, apple slices, milk</i>	2 <i>Breakfast burrito or WG assorted cereal, banana, milk</i>	3 <i>WG Pop Tart or WG assorted cereal, grapes, milk</i>	4 <i>Ham &amp; Cheese scramble or WG assorted cereal , WG toast, peaches, milk</i>	5 <i>Sausage Biscuit or WG assorted cereal, applesauce, milk</i>	6
7	8 <i>WG pancakes or WG assorted cereal, sausage patty, grapes, milk</i>	9 <i>Yogurt w/granola or WG assorted cereal, applesauce, milk</i>	10 <i>Breakfast pizza or WG assorted cereal, pears, milk</i>	11 <i>Cereal bars or WG assorted cereal, peaches, milk</i>	12 <i>Scrambled eggs or WG assorted cereal, WG toast, applesauce, milk</i>	13
14	15 <i>Bosco stick or WG assorted cereal, apple slices, milk</i>	16 <i>Breakfast burrito or WG assorted cereal, banana, milk</i>	17 <i>WG Pop Tart or WG assorted cereal, grapes, milk</i>	18 <i>Ham &amp; Cheese scramble or WG assorted cereal , WG toast, peaches, milk</i>	19 <i>Sausage Biscuit or WG assorted cereal, applesauce, milk</i>	20
21	22 <i>WG pancakes or WG assorted cereal, sausage patty, grapes, milk</i>	23 <i>Yogurt w/granola or WG assorted cereal, applesauce, milk</i>	24 <i>Breakfast pizza or WG assorted cereal, pears, milk</i>	25 <i>Cereal bars or WG assorted cereal, peaches, milk</i>	26 <i>Scrambled eggs or WG assorted cereal, WG toast, applesauce, milk</i>	27
28	29 <i>Bosco stick or WG assorted cereal, apple slices, milk</i>	30 <i>Breakfast burrito or WG assorted cereal, banana, milk</i>	31 <i>WG Pop Tart or WG assorted cereal, grapes, milk</i>			

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FLSD Breakfast Menu

# November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Ham &amp; Cheese scramble or WG assorted cereal , WG toast, peaches, milk</i>	2 <i>Sausage Biscuit or WG assorted cereal, applesauce, milk</i>	3
4	5 <i>WG pancakes or WG assorted cereal, sau- sage patty, grapes, milk</i>	6 <i>No School General Election</i>	7 <i>Breakfast pizza or WG assorted cereal, pears, milk</i>	8 <i>Cereal bars or WG assorted cereal, peaches, milk</i>	9 <i>Scrambled eggs or WG assorted cereal, WG toast, applesauce, milk</i>	10
11	12 <i>Bosco stick or WG assorted cereal, apple slices, milk</i>	13 <i>Breakfast burrito or WG assorted cereal, banana, milk</i>	14 <i>WG Pop Tart or WG assorted cereal, grapes, milk</i>	15 <i>Ham &amp; Cheese scramble or WG assorted cereal , WG toast, peaches, milk</i>	16 <i>Sausage Biscuit or WG assorted cereal, applesauce, milk</i>	17
18	19 <i>WG pancakes or WG assorted cereal, sau- sage patty, grapes, milk</i>	20 <i>Yogurt w/granola or WG assorted cereal, applesauce, milk</i>	21 <i>No School Thanksgiving Break</i>	22 <i>No School Thanksgiving Break</i>	23 <i>No School Thanksgiving Break</i>	24
25	26 <i>Bosco stick or WG assorted cereal, apple slices, milk</i>	27 <i>Breakfast burrito or WG assorted cereal, banana, milk</i>	28 <i>WG Pop Tart or WG assorted cereal, grapes, milk</i>	29 <i>Ham &amp; Cheese scramble or WG assorted cereal , WG toast, peaches, milk</i>	30 <i>Sausage Biscuit or WG assorted cereal, applesauce, milk</i>	

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FLSD Breakfast Menu

# December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <i>WG pancakes or WG assorted cereal, sausage patty, grapes, milk</i>	4 <i>Yogurt w/granola or WG assorted cereal, applesauce, milk</i>	5 <i>Breakfast pizza or WG assorted cereal, pears, milk</i>	6 <i>Cereal bars or WG assorted cereal, peaches, milk</i>	7 <i>Scrambled eggs or WG assorted cereal, WG toast, applesauce, milk</i>	8
9	10 <i>Bosco stick or WG assorted cereal, apple slices, milk</i>	11 <i>Breakfast burrito or WG assorted cereal, banana, milk</i>	12 <i>WG Pop Tart or WG assorted cereal, grapes, milk</i>	13 <i>Ham &amp; Cheese scramble or WG assorted cereal, WG toast, peaches, milk</i>	14 <i>Sausage Biscuit or WG assorted cereal, applesauce, milk</i>	15
16	17 <i>WG pancakes or WG assorted cereal, sausage patty, grapes, milk</i>	18 <i>Yogurt w/granola or WG assorted cereal, applesauce, milk</i>	19 <i>Breakfast pizza or WG assorted cereal, pears, milk</i>	20 <i>Cereal bars or WG assorted cereal, peaches, milk</i>	21 <i>No School— Christmas Break</i>	22
23	24 <i>No School— Christmas Break</i>	25 <i>No School— Christmas Break</i>	26 <i>No School— Christmas Break</i>	27 <i>No School— Christmas Break</i>	28 <i>No School— Christmas Break</i>	29
30	31 <i>No School— Christmas Break</i>					

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FLSD Breakfast Menu

# January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>No School— Christmas Break</i>	2 <i>No School— Christmas Break</i>	3 <i>Cereal bars or WG assorted cereal, peaches, milk</i>	4 <i>Scrambled eggs or WG assorted cereal, WG toast, applesauce, milk</i>	5
6	7 <i>Bosco stick or WG assorted cereal, apple slices, milk</i>	8 <i>Breakfast burrito or WG assorted cereal, banana, milk</i>	9 <i>WG Pop Tart or WG assorted cereal, grapes, milk</i>	10 <i>Ham &amp; Cheese scramble or WG assorted cereal , WG toast, peaches, milk</i>	11 <i>Sausage Biscuit or WG assorted cereal, applesauce, milk</i>	12
13	14 <i>WG pancakes or WG assorted cereal, sau- sage patty, grapes, milk</i>	15 <i>Yogurt w/granola or WG assorted cereal, applesauce, milk</i>	16 <i>Breakfast pizza or WG assorted cereal, pears, milk</i>	17 <i>Cereal bars or WG assorted cereal, peaches, milk</i>	18 <i>Scrambled eggs or WG assorted cereal, WG toast, applesauce, milk</i>	19
20	21 <i>No School—MLK Jr. Day</i>	22 <i>Breakfast burrito or WG assorted cereal, banana, milk</i>	23 <i>WG Pop Tart or WG assorted cereal, grapes, milk</i>	24 <i>Ham &amp; Cheese scramble or WG assorted cereal , WG toast, peaches, milk</i>	25 <i>Sausage Biscuit or WG assorted cereal, applesauce, milk</i>	26
27	28 <i>WG pancakes or WG assorted cereal, sau- sage patty, grapes, milk</i>	29 <i>Yogurt w/granola or WG assorted cereal, applesauce, milk</i>	30 <i>Breakfast pizza or WG assorted cereal, pears, milk</i>	31 <i>Cereal bars or WG assorted cereal, peaches, milk</i>		

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# February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>Scrambled eggs or WG assorted cereal, WG toast, applesauce, milk</i>	2
3	4 <i>Bosco stick or WG assorted cereal, apple slices, milk</i>	5 <i>Breakfast burrito or WG assorted cereal, banana, milk</i>	6 <i>WG Pop Tart or WG assorted cereal, grapes, milk</i>	7 <i>Ham &amp; Cheese scramble or WG assorted cereal , WG toast, peaches, milk</i>	8 <i>Sausage Biscuit or WG assorted cereal, applesauce, milk</i>	9
10	11 <i>WG pancakes or WG assorted cereal, sau- sage patty, grapes, milk</i>	12 <i>Yogurt w/granola or WG assorted cereal, applesauce, milk</i>	13 <i>Breakfast pizza or WG assorted cereal, pears, milk</i>	14 <i>Cereal bars or WG assorted cereal, peaches, milk</i>	15 <i>No School— President's Day Weekend</i>	16
17	18 <i>No School— President's Day Weekend</i>	19 <i>Breakfast burrito or WG assorted cereal, banana, milk</i>	20 <i>WG Pop Tart or WG assorted cereal, grapes, milk</i>	21 <i>Ham &amp; Cheese scramble or WG assorted cereal , WG toast, peaches, milk</i>	22 <i>Sausage Biscuit or WG assorted cereal, applesauce, milk</i>	23
24	25 <i>WG pancakes or WG assorted cereal, sau- sage patty, grapes, milk</i>	26 <i>Yogurt w/granola or WG assorted cereal, applesauce, milk</i>	27 <i>Breakfast pizza or WG assorted cereal, pears, milk</i>	28 <i>Cereal bars or WG assorted cereal, peaches, milk</i>		

FLSD Breakfast Menu

# March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>Scrambled eggs or WG assorted cereal, WG toast, applesauce,</i>	2
3	4 <i>Bosco stick or WG assorted cereal, apple slices, milk</i>	5 <i>Breakfast burrito or WG assorted cereal, banana, milk</i>	6 <i>WG Pop Tart or WG assorted cereal, grapes, milk</i>	7 <i>Ham &amp; Cheese scramble or WG assorted cereal , WG</i>	8 <i>Sausage Biscuit or WG assorted cereal, applesauce, milk</i>	9
10	11 <i>WG pancakes or WG assorted cereal, sau- sage patty, grapes, milk</i>	12 <i>Yogurt w/granola or WG assorted cereal, applesauce, milk</i>	13 <i>Breakfast pizza or WG assorted cereal, pears, milk</i>	14 <i>Cereal bars or WG assorted cereal, peaches, milk</i>	15 <i>Scrambled eggs or WG assorted cereal, WG toast, applesauce, milk</i>	16
17	18 <i>Bosco stick or WG assorted cereal, apple slices, milk</i>	19 <i>Breakfast burrito or WG assorted cereal, banana, milk</i>	20 <i>WG Pop Tart or WG assorted cereal, grapes, milk</i>	21 <i>Ham &amp; Cheese scramble or WG assorted cereal , WG toast, peaches, milk</i>	22 <i>Sausage Biscuit or WG assorted cereal, applesauce, milk</i>	23
24	25 <i>WG pancakes or WG assorted cereal, sau- sage patty, grapes, milk</i>	26 <i>Yogurt w/granola or WG assorted cereal, applesauce, milk</i>	27 <i>Breakfast pizza or WG assorted cereal, pears, milk</i>	28 <i>Cereal bars or WG assorted cereal, peaches, milk</i>	29 <i>Scrambled eggs or WG assorted cereal, WG toast, applesauce, milk</i>	30
31						

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FLSD Breakfast Menu

# April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Bosco stick or WG assorted cereal, apple slices, milk</i>	2 <i>Breakfast burrito or WG assorted cereal, banana, milk</i>	3 <i>WG Pop Tart or WG assorted cereal, grapes, milk</i>	4 <i>Ham &amp; Cheese scramble or WG assorted cereal , WG toast, peaches, milk</i>	5 <i>Sausage Biscuit or WG assorted cereal, applesauce, milk</i>	6
7	8 <i>WG pancakes or WG assorted cereal, sausage patty, grapes, milk</i>	9 <i>Yogurt w/granola or WG assorted cereal, applesauce, milk</i>	10 <i>Breakfast pizza or WG assorted cereal, pears, milk</i>	11 <i>Cereal bars or WG assorted cereal, peaches, milk</i>	12 <i>Scrambled eggs or WG assorted cereal, WG toast, applesauce, milk</i>	13
14	15 <i>Bosco stick or WG assorted cereal, apple slices, milk</i>	16 <i>Breakfast burrito or WG assorted cereal, banana, milk</i>	17 <i>WG Pop Tart or WG assorted cereal, grapes, milk</i>	18 <i>Ham &amp; Cheese scramble or WG assorted cereal , WG toast, peaches, milk</i>	19 <i>No School—Good Friday</i>	20
21	22 <i>No School—Spring Break</i>	23 <i>No School—Spring Break</i>	24 <i>No School—Spring Break</i>	25 <i>No School—Spring Break</i>	26 <i>No School—Spring Break</i>	27
28	29 <i>Bosco stick or WG assorted cereal, apple slices, milk</i>	30 <i>Breakfast burrito or WG assorted cereal, banana, milk</i>				

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FLSD Breakfast Menu

# May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>WG Pop Tart or WG assorted cereal, grapes, milk</i>	2 <i>Ham &amp; Cheese scramble or WG assorted cereal , WG toast, peaches, milk</i>	3 <i>Sausage Biscuit or WG assorted cereal, applesauce, milk</i>	4
5	6 <i>WG pancakes or WG assorted cereal, sausage patty, grapes, milk</i>	7 <i>Yogurt w/granola or WG assorted cereal, applesauce, milk</i>	8 <i>Breakfast pizza or WG assorted cereal, pears, milk</i>	9 <i>Cereal bars or WG assorted cereal, peaches, milk</i>	10 <i>Scrambled eggs or WG assorted cereal, WG toast, applesauce, milk</i>	11
12	13 <i>Bosco stick or WG assorted cereal, apple slices, milk</i>	14 <i>Breakfast burrito or WG assorted cereal, banana, milk</i>	15 <i>WG Pop Tart or WG assorted cereal, grapes, milk</i>	16 <i>Ham &amp; Cheese scramble or WG assorted cereal , WG toast, peaches, milk</i>	17 <i>Sausage Biscuit or WG assorted cereal, applesauce, milk</i>	18
19	20 <i>WG pancakes or WG assorted cereal, sausage patty, grapes, milk</i>	21 <i>Cook's Choice</i>	22 <i>Cook's Choice</i>	23 <i>Cook's Choice</i>	24	25
26	27	28	29	30	31	

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