



Monday

Tuesday

Wednesday

Thursday

Friday



5
Banana Bread or
Biscuit & Gravy
Peaches
100% Juice

6
Fruit Smoothie
Grahams or
Warm Muffin
Pears
100% Juice

7
Cereal or
Biscuit & Gravy
Sausage
Applesauce
100% Juice

1
Fruit Parfait & Granola
Or Frudel
Applesauce
100% Juice

2
Omelet
Biscuit
Gravy
Assorted Fruit
100% Juice

12
Cereal or
Biscuit & Gravy
Strawberries
100% Juice

13
Fruit Smoothie
Grahams or
Frudel
Assorted Fruit
100% Juice

14
15
16
Fall Break

19
Cereal or
Banana Bread
Applesauce
100% Juice

20
Fruit Smoothie
Grahams or
Cowboy Bread
Fruit Cup
100% Juice

21
Omelet
Mini Cinis or
Cinnamon Toast
Peaches
100% Juice

22
Fruit Parfait & Granola
Or French Toast
Pears
100% Juice

23
Biscuit & Gravy
Or Warm Muffin
Apples
100% Juice

26
Frudel or
Biscuit & Gravy
Assorted Fruit
100% Juice

27
Fruit Smoothie
Grahams or
Cinnamon Toast
Omelet
Pears
100% Juice

28
Omelet
Biscuit
Gravy
Applesauce
100% Juice

29
Fruit Parfait & Granola
Or Breakfast Pizza
Peaches
100% Juice

30
Biscuit
Sausage
Gravy
Assorted Fruit
100% Juice

Menus subject to change.

Variety of Milk Served Daily.

This institution is an equal opportunity provider.

To make an online payment or to fill out a Free & Reduced Meal form log onto Sequoyah Sylogist (Gradebook/Parent Portal) at

<https://oked.sylogist.com/Sequoyah>