



October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Special News...
1 <ul style="list-style-type: none"> 1) Egg & Cheese Bagel 2) Mini Blueberry Waffles 3) Assorted Breakfast Bars 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick 	2 <ul style="list-style-type: none"> 1) Pancakes w/ Syrup 2) Bacon & Egg Muffin 3) Assorted Breakfast Bars 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick 	3 <ul style="list-style-type: none"> 1) Biscuit & Sausage Gravy 2) Egg & Cheese Sandwich 3) Assorted Breakfast Bars 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick 	4 <ul style="list-style-type: none"> 1) Powdered Sugar Donut 2) Mini Cinnamon Bagels 3) Assorted Breakfast Bars 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick 	5 <ul style="list-style-type: none"> 1) Bagel & Cream Cheese 2) Chocolate Filled Crescents 3) Assorted Breakfast Bars 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick 	
8 <p style="text-align: center;"><u>NO SCHOOL</u></p>	9 <ul style="list-style-type: none"> 1) Tony's Breakfast Pizza 2) Cinnamon Rush French Toast 3) Assorted Breakfast Bars 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick 	10 <ul style="list-style-type: none"> 1) Make-Your-Own Fruit Parfait 2) Chicken Biscuit 3) Assorted Breakfast Bars 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick 	11 <ul style="list-style-type: none"> 1) Glazed Donut 2) Mini Maple Pancakes 3) Assorted Breakfast Bars 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick 	12 <ul style="list-style-type: none"> 1) Egg & Cheese Muffin 2) Apple Frudel 3) Assorted Breakfast Bars 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick 	
15 <ul style="list-style-type: none"> 1) Biscuit & Sausage Gravy 2) Mini Maple Waffles 3) Assorted Breakfast Bars 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick 	16 <ul style="list-style-type: none"> 1) Huevos Rancheros Breakfast Burrito 2) Mini Cinni's 3) Assorted Breakfast Bars 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick 	17 <ul style="list-style-type: none"> 1) Pancakes w/ Syrup 2) Mini Cinnamon Bagels 3) Assorted Breakfast Bars 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick 	18 <ul style="list-style-type: none"> 1) Cheesy Ham, Egg & Potato Bite Taco 2) Mini Strawberry Pancakes 3) Assorted Breakfast Bars 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick 	19 <ul style="list-style-type: none"> 1) Sausage & Cheese Muffin 2) Pancake on a Stick 3) Assorted Breakfast Bars 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick 	
22 <ul style="list-style-type: none"> 1) Tony's Breakfast Pizza 2) Chicken Biscuit 3) Assorted Breakfast Bars 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick 	23 <ul style="list-style-type: none"> 1) Egg & Cheese Biscuit 2) Mini Strawberry Bagels 3) Assorted Breakfast Bars 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick 	24 <ul style="list-style-type: none"> 1) Omelet, Taters & Toast 2) Cherry Frudel 3) Assorted Breakfast Bars 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick 	25 <ul style="list-style-type: none"> 1) Sausage & Cheese Biscuits 2) Triple Berry French Toast 3) Assorted Breakfast Bars 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick 	26 <p style="text-align: center;"><u>NO SCHOOL</u></p>	
29 <ul style="list-style-type: none"> 1) Cheese & Ham Breakfast Roll 2) Bagel & Cream Cheese 3) Assorted Breakfast Bars 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick 	30 <ul style="list-style-type: none"> 1) Make-Your-Own Fruit Parfait 2) Grape Filled Crescent 3) Assorted Breakfast Bars 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick 	31 <ul style="list-style-type: none"> 1) Cheesy Scrambled Eggs & Toast 2) Turkey Sausage & Egg Slider 3) Assorted Breakfast Bars 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick 	<div style="border: 1px solid black; padding: 5px;"> <p>For additional Nutritional Education Materials, please visit www.usd116.org, click on 'Food Menus' under the Quick Links on the right side of the homepage. Here you will find the new Nutritional Education Section! If you have any questions, please call Aramark at 217-384-3694!</p> </div>		

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