



October 2018

Paramount Academy

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Assorted Yogurt w/ WG Crackers Fruit 100% Orange Pineapple Juice	2 WG Lucky Charms Cereal Fruit 100% Apple Juice	3 WG Mini Cinnamon Rolls Banana 100% Orange Juice	4 WG Grape-Filled Crescent Fruit 100% Fruit Punch	5 WG Sausage Pancake Wrap Banana 100% Apple Juice
8 NO MEALSERVICE	9 WG Cinnamon Toast Crunch Cereal Fruit 100% Apple Juice	10 WG Glazed French Toast Banana 100% Orange Juice	11 WG Blueberry Loaf Fruit 100% Fruit Punch	12 Cheese Omelette w/ WG Tortilla Banana 100% Apple Juice
15 WG Ubr Cinnamon Round Fruit 100% Orange Pineapple Juice	16 WG Cocoa Puffs Cereal Fruit 100% Apple Juice	17 WG Apple Frudel Banana 100% Orange Juice	18 WG Chocolate Mini Donuts Fruit 100% Fruit Punch	19 WG Sausage Pancake Wrap Banana 100% Apple Juice
22 WG French Toast Bar Fruit 100% Orange Pineapple Juice	23 WG Apple Cinnamon Cheerios Cereal Fruit 100% Apple Juice	24 WG Maple Madness Waffles Banana 100% Orange Juice	25 WG Strawberry PopTart Fruit 100% Fruit Punch	26 WG Turkey Sausage Sandwich w/ Cheese Banana 100% Apple Juice
29 WG Ubr Chocolate Chip Round Fruit 100% Orange Pineapple Juice	30 WG Trix Cereal Fruit 100% Apple Juice	31 WG Pancakes w/ Syrup Banana 100% Orange Juice		

- * This institution is an equal opportunity provider and employer.
- * Menus are subject to change based on product availability.
- * WG = whole grain

All meals come with choice of 8 oz. 1% milk or 8 oz. fat free chocolate milk