



OCTOBER BREAKFAST



HERITAGE ACADEMY SAN ANTONIO

Monday	Tuesday	Wednesday	Thursday	Friday
September 28, 2020	September 29, 2020	September 30, 2020	October 1, 2020	October 2, 2020
			FRENCH TOAST STICKS ^ Fresh Banana Apple-Cranberry Juice Syrup Choice of Milk	FROOT LOOPS^ Vanilla Goldfish Grahams Fresh Apple Choice of Milk
October 5, 2020	October 6, 2020	October 7, 2020	October 8, 2020	October 9, 2020
MINI WHEATS LITTLE BITES ^ Apple Bar ^ Craisins Orange Juice Choice of Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ Pineapple Tidbits Grape Juice Assorted Jelly Choice of Milk	RICE KRISPIES ^ Graham Crackers ^ Fresh Apple Choice of Milk	PILLSBURY GRAPE CRESCENT ^ Fresh Banana Blended Fruit Juice Choice of Milk	 Cafe Choice
October 12, 2020	October 13, 2020	October 14, 2020	October 15, 2020	October 16, 2020
 Cafe Choice	CHEESY TEX MEX EGG SCRAMBLE Applesauce Cup Orange Juice Cobread ^ Choice of Milk	MOZZARELLA CHEESE STICK Cherry Breakfast Bar ^ Fresh Apple Choice of Milk	CHICKEN BISCUIT ^ Fresh Banana Grape Juice Honey Choice of Milk	FROSTED FLAKES ^ Vanilla Waffle Square ^ Fresh Apple Choice of Milk
October 19, 2020	October 20, 2020	October 21, 2020	October 22, 2020	October 23, 2020
RICE KRISPIES ^ Vanilla Goldfish Grahams Craisins Apple-Cranberry Juice Choice of Milk	BEEF SAUSAGE SLIDER ^ Diced Peaches Blended Fruit Juice Assorted Jelly Choice of Milk	Banana Mini Muffin ^ Mozzarella Cheese Stick Fresh Apple Choice of Milk	PANCAKES ^ Fresh Banana Orange Juice Syrup Choice of Milk	Strawberry Yogurt Granola ^ Fresh Apple Choice of Milk
October 26, 2020	October 27, 2020	October 28, 2020	October 29, 2020	October 30, 2020
APPLE JACKS ^ Graham Crackers ^ Craisins Orange Juice Choice of Milk	WAFFLES ^ Mixed Fruit Cup Apple-Cranberry Juice Syrup Choice of Milk	FROSTED FLAKES ^ Maple Breakfast Square ^ Fresh Apple Choice of Milk	EGG & CHEESE ON ENGLISH MUFFIN ^ Fresh Banana Blended Fruit Juice Assorted Jelly Choice of Milk	MOZZARELLA CHEESE STICK Cherry Breakfast Bar ^ Fresh Apple Choice of Milk

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

Find your school's menus online at: preferredmealsmenu.com

