



BREAKFAST

OCTOBER 2021

Karnack Elementary

Menu Subject to Change

Monday

Tuesday

Wednesday

Thursday

Friday

Whole Grain Cereal
Cheese Stick
100% Fruit Juice
Fresh Fruit
Variety of Milk

4

Sausage/ Biscuit
100% Fruit Juice
Fresh Fruit
Variety of Milk

5

Whole Grain Pancakes
Sausage Links/Syrup
100% Fruit Juice
Fresh Fruit
Variety of Milk

6

Kolache
100% Fruit Juice
Fresh Fruit
Variety of Milk

7

Breakfast Pizza
100% Fruit Juice
Fresh Fruit
Variety of Milk

1

Columbus Day!

11

Sausage/ Biscuit
100% Fruit Juice
Fresh Fruit
Variety of Milk

12

Whole Grain Pancakes
Sausage Links/Syrup
100% Fruit Juice
Fresh Fruit
Variety of Milk

13

Kolache
100% Fruit Juice
Fresh Fruit
Variety of Milk

14

Breakfast Pizza
100% Fruit Juice
Fresh Fruit
Variety of Milk

15

Student Holiday!

18

Sausage/ Biscuit
100% Fruit Juice
Fresh Fruit
Variety of Milk

19

Whole Grain Pancakes
Sausage Links/Syrup
100% Fruit Juice
Fresh Fruit
Variety of Milk

20

Kolache
100% Fruit Juice
Fresh Fruit
Variety of Milk

21

Breakfast Pizza
100% Fruit Juice
Fresh Fruit
Variety of Milk

22

Whole Grain Cereal
Cheese Stick
100% Fruit Juice
Fresh Fruit
Variety of Milk

25

Sausage/ Biscuit
100% Fruit Juice
Fresh Fruit
Variety of Milk

26

Whole Grain Pancakes
Sausage Links/Syrup
100% Fruit Juice
Fresh Fruit
Variety of Milk

27

Kolache
100% Fruit Juice
Fresh Fruit
Variety of Milk

28

Breakfast Pizza
100% Fruit Juice
Fresh Fruit
Variety of Milk

29

This Institution is an Equal opportunity provider.



PAY FOR MEALS ONLINE
MySchoolBucks.com

