



# Northern Ozaukee High Breakfast Menu

October  
2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>ChooseMyPlate.gov</p>			<p><b>1</b></p> <p>Long John Graham Crackers</p> <p>Choice of Cereal</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p><b>2</b></p> <p>Breakfast Pizza Graham Crackers</p> <p>Choice of Cereal</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>
<p><b>5</b></p> <p>French Toast Sticks Sausage Patty</p> <p>Choice of Cereal</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p><b>6</b></p> <p>Banana Chocolate Loaf Graham Crackers</p> <p>Choice of Cereal</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p><b>7</b></p> <p>Breakfast Sandwich Graham Crackers</p> <p>Choice of Cereal</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p><b>8</b></p> <p>Long John Graham Crackers</p> <p>Choice of Cereal</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p><b>9</b></p>
<p><b>12</b></p> <p>Mini Pancakes Sausage Patty</p> <p>Choice of Cereal</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p><b>13</b></p> <p>Cinnamon Roll Graham Crackers</p> <p>Choice of Cereal</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p><b>14</b></p> <p>Breakfast Sandwich Graham Crackers</p> <p>Choice of Cereal</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p><b>15</b></p> <p>Long John Cheese Stick</p> <p>Choice of Cereal</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p><b>16</b></p> <p>Breakfast Pizza Graham Crackers</p> <p>Choice of Cereal</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>
<p><b>19</b></p> <p>Waffle Sticks Sausage Patty</p> <p>Choice of Cereal</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p><b>20</b></p> <p>Mini Donut Graham Crackers</p> <p>Choice of Cereal</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p><b>21</b></p> <p>Breakfast Sandwich Graham Crackers</p> <p>Choice of Cereal</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p><b>22</b></p> <p>Long John Graham Crackers</p> <p>Choice of Cereal</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p><b>23</b></p> <p>Cheese Bosco Stick Graham Crackers</p> <p>Choice of Cereal</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>
<p><b>26</b></p> <p>Pancake on a Stick Cheese Stick</p> <p>Choice of Cereal</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p><b>27</b></p> <p>Banana Chocolate Loaf Graham Crackers</p> <p>Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p><b>28</b></p> <p>Breakfast Sandwich Graham Crackers</p> <p>Choice of Cereal</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p><b>29</b></p> <p>Long John Graham Crackers</p> <p>Choice of Cereal</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p><b>30</b></p>

INFORMATION

EXTRA INFO

Milk choice of 1% White, Skim or Chocolate  
Skim is included with Breakfast.  
For questions or comments, contact  
Dwayne McFadden at 262-692-2453 X 414  
or email [dmcfadden@nosd.edu](mailto:dmcfadden@nosd.edu)

HARVEST OF



THE MONTH

Your MENUS plus more  
information on our app  
TaHER Food4Life®



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