



# The Good Shepherd Breakfast Menu October 2021



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	27 Waffles or Assorted Cereal Fresh Fruit Milk	28 Breakfast Burrito or Assorted Cereal Fresh Fruit Milk	29 Apple Frudel or Assorted Cereal Fresh Fruit Milk	30 French Toast or Assorted Cereal Fresh Fruit Milk	1 Egg & Cheese Breakfast Sandwich or Assorted Cereal Fresh Fruit Milk
WEEK 2	4 Pancakes or Assorted Cereal Fresh Fruit Milk	5 Apple Frudel or Assorted Cereal Fresh Fruit Milk	6 Breakfast Burrito or Assorted Cereal Fresh Fruit Milk	7 Sausage Biscuit or Assorted Cereal Fresh Fruit Milk	8 French Toast or Assorted Cereal Fresh Fruit Milk
WEEK 3	11 Waffles or Assorted Cereal Fresh Fruit Milk	12 Breakfast Burrito or Assorted Cereal Fresh Fruit Milk	13 Apple Frudel or Assorted Cereal Fresh Fruit Milk	14 French Toast or Assorted Cereal Fresh Fruit Milk	15 Egg & Cheese Breakfast Sandwich or Assorted Cereal Fresh Fruit Milk
WEEK 4	18 Pancakes or Assorted Cereal Fresh Fruit Milk	19 Apple Frudel or Assorted Cereal Fresh Fruit Milk	20 Breakfast Burrito or Assorted Cereal Fresh Fruit Milk	21 Sausage Biscuit or Assorted Cereal Fresh Fruit Milk	22 French Toast or Assorted Cereal Fresh Fruit Milk
	25 Waffles or Assorted Cereal	26 Breakfast Burrito or Assorted Cereal	27 Apple Frudel or Assorted Cereal	28 French Toast or Assorted Cereal	29 Egg & Cheese Breakfast Sandwich or Assorted Cereal

\*This institution is an equal opportunity provider.

	Fresh Fruit Milk	Fresh Fruit Milk	Fresh Fruit Milk	Fresh Fruit Milk	Fresh Fruit Milk	

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