

OCTOBER | 2022

OVS Breakfast



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 Cinnamon Superstix (30g) Fresh Fruit Craisins (27g) Milk	4 Flapstick (17g) Fruit Cup 100% Fruit Juice (15g) Milk	5 Yogurt (12g) & Waffle (12g) Fresh Fruit Fruit Cup Milk	6 French Toast Bites (38g) Fruit Cup 100% Fruit Juice (15g) Milk	7 Breakfast Ring (47g) Fruit Cup 100% Fruit Juice (15g) Milk
10 NO SCHOOL	11 Milk NO SCHOOL	12 Dutch Waffle (43g) Fresh Fruit 100% Fruit Juice (15g) Milk	13 Breakfast Pizza (26g) Fresh Fruit 100% Fruit Juice (15g) Milk	14 Breakfast Ring (47g) Fruit Cup 100% Fruit Juice (15g) Milk
17 Cinnamon Superstix (30g) Fresh Fruit Craisins (27g) Milk	18 Flapstick (17g) Fruit Cup 100% Fruit Juice (15g) Milk	19 Yogurt (12g) & Waffle (12g) Fresh Fruit Fruit Cup Milk	20 French Toast Bites (38g) Fruit Cup 100% Fruit Juice (15g) Milk	21 Breakfast Ring (47g) Fruit Cup 100% Fruit Juice (15g) Milk
24 Oatmeal Round (39g) Fresh Fruit Raisins (30g) Milk	25 Cinnamon Roll (49g) Fresh Fruit 100% Fruit Juice (15g) Milk	26 Dutch Waffle (43g) Fresh Fruit 100% Fruit Juice (15g) Milk	27 Breakfast Pizza (26g) Fresh Fruit 100% Fruit Juice (15g) Milk	28 Early Release Day Breakfast Ring (47g) Fruit Cup 100% Fruit Juice (15g) Milk
31 Cinnamon Superstix (30g) Fresh Fruit Craisins (27g) Milk	1	2	3	4

Breakfast Prices

Full Pay – \$1.75
 Reduced Pay - \$.30
 No charge - \$.00
 Adult Meal - \$ 3.00

Possible Daily

cereal bowl (25g)
 whole grain muffin (31g)
 cereal bar (30g)
 poptart (38g)

Possible Fresh Fruit

Red Apple (21g)
 Green Apple (25g)
 Orange (11g)
 Banana (27g)
 Red Grapes (14g)
 Green Grapes (14g)
 Strawberries (6g)
 Pear (27g)

Milk Choices

FF White (13g)
 1% White (13g)
 FF Chocolate (19g)
 FF Strawberry (19g)

Get our menus on your phone!

