

# October 2017

## Hillsboro CUSD #3

### BREAKFAST

We have the right to substitute items without notice.  
 Breakfast - \$1.50, Reduced \$.30  
 Lunch - \$2.65, Reduced \$.40  
*This menu may contain peanuts or nut products*



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

Choice of Cereal  
 Blueberry Muffin  
 Fruit/Fruit Juice  
 Milk

2

### Tuesday

Choice of Cereal  
 Fresh Baked Cinnamon Roll  
 Fruit/Fruit Juice  
 Milk

3

### Wednesday

Choice of Cereal  
 Biscuit & Sausage Gravy  
 Fruit/Fruit Juice  
 Milk

4

### Thursday

Choice of Cereal  
 Scrambled Eggs w/Ham  
 Fruit/Fruit Juice  
 Milk

5

### Friday

**Not in Attendance**  
 Due to Parent/Teacher  
 Conferences

6

**Not in Attendance**  
 In Observance of  
 Columbus Day

9

Choice of Cereal  
 Mini Sausage Bites  
 Fruit/Fruit Juice  
 Milk

10

Choice of Cereal  
 Biscuit & Sausage Gravy  
 Fruit/Fruit Juice  
 Milk

11

Choice of Cereal  
 Cinnamon Glazed Toast  
 Fruit/Fruit Juice  
 Milk

12

Choice of Cereal  
 Funnel Cake  
 Fruit/Fruit Juice  
 Milk

13

Choice of Cereal  
 Mini Pancakes  
 Fruit/Fruit Juice  
 Milk

16

Choice of Cereal  
 Scrambled Eggs w/Biscuit  
 Fruit/Fruit Juice  
 Milk

17

Choice of Cereal  
 Biscuit & Sausage Gravy  
 Fruit/Fruit Juice  
 Milk

18

Choice of Cereal  
 French Twist Donuts  
 Fruit/Fruit Juice  
 Milk

19

Breakfast Buffet  
 Manager's Choice  
 Fruit/Fruit Juice  
 Milk

20

Choice of Cereal  
 French Toast Sticks w/Syrup  
 Fruit/Fruit Juice  
 Milk

23

Choice of Cereal  
 Breakfast Pizza  
 Fruit/Fruit Juice  
 Milk

24

Choice of Cereal  
 Biscuit & Sausage Gravy  
 Fruit/Fruit Juice  
 Milk

25

Choice of Cereal  
 Fresh Baked Cinnamon Rolls  
 Fruit/Fruit Juice  
 Milk

26

Choice of Cereal  
 Poptarts  
 Fruit/Fruit Juice  
 Milk

27

Choice of Cereal  
 Breakfast Pizza  
 Fruit/Fruit Juice  
 Milk

30

Choice of Cereal  
 Cheese Omelet  
 Fruit/Fruit Juice  
 Milk

31



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