



BREAKFAST

OCTOBER 2022

Forge International School

Menu Subject to Change

Monday

Whole Grain Bagel **3**
Cream Cheese Cup
Banana
100% Juice
Fat Free Chocolate Milk
1% White Milk

Whole Grain Banana Muffin **10**
Apples
Yogurt
100% Juice
Fat Free Chocolate Milk
1% White Milk

Banana Chocolate Chip **17**
Round
Oranges
100% Juice
Fat Free Chocolate Milk
1% White Milk

Breakfast Burritos **24**
Oranges
100% Juice
Fat Free Chocolate Milk
1% White Milk

Whole Grain Bagel **31**
Cream Cheese Cup
Banana
100% Juice
Fat Free Chocolate Milk
1% White Milk

Tuesday

French Toast Benefit Bar **4**
Cantaloupe
100% Juice
Fat Free Chocolate Milk
1% White Milk

Cereal **11**
Whole Grain Toast w/Jelly
Banana
100% Juice
Fat Free Chocolate Milk
1% White Milk

French Toast Benefit Bar **18**
Cantaloupe
100% Juice
Fat Free Chocolate Milk
1% White Milk

Cereal **25**
Whole Grain Toast w/ Jelly
Banana
100% Juice
Fat Free Chocolate Milk
1% White Milk

Wednesday

Whole Grain Pancakes **5**
Scrambled Eggs
Strawberries
100% Juice
Fat Free Chocolate Milk
1% White Milk

Chewy Granola Bar **12**
Grapes
Cheese Stick
100% Juice
Fat Free Chocolate Milk
1% White Milk

Whole Grain Pancake **19**
Sausage Sandwich
Apples
100% Juice
Fat Free Chocolate Milk
1% White Milk

Whole Grain Cinnamon Rolls **26**
w/ Frosting
Oranges
100% Juice
Fat Free Chocolate Milk
1% White Milk

Thursday

Orange Creamsicle Yogurt **6**
Parfait
Grapes
100% Juice
Fat Free Chocolate Milk
1% White Milk

Strawberry Citrus Smoothie **13**
Whole Grain Cinnamon Toast
Oranges
100% Juice
Fat Free Chocolate Milk
1% White Milk

Berry Yogurt Parfait **20**
Grapes
100% Juice
Fat Free Chocolate Milk
1% White Milk

Peach Smoothie **27**
Whole Grain Cinnamon Toast
Apples
100% Juice
Fat Free Chocolate Milk
1% White Milk

Friday

7

14

21

28