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OCTOBER

## Waynesville Middle Breakfast

Monday Tuesday Wednesday Thursday Friday

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| BREAKFAST BOWL INCLUDES BISCUIT & GRAVY  WITH SAUSAGE OR CHICKEN  WE ALWAYS OFFER A VARIETY OF WRAPPED BISCUITS AND CEREAL | **1**  PANCAKES/BACON  OR  SAUSAGE/EGG &CHEESE BISCUIT  OR  BREAKFAST DONUT | **2**  BREAKFAST BOWL  OR  BACON/EGG &  CHEESE BISCUIT  OR  FRUIT FRUDEL | **3**  WAFFLES/SAUSAGE  OR  HAM & CHEESE BISCUIT  OR  CINNI MINNI | **4**  BREAKFAST BOWL  OR  BAGGED FRENCH TOAST  OR  FRUIT FRUDAL |
| **7**  **WORK DAY** | **8**  PANCAKES/BACON  OR  SAUSAGE/EGG  &CHEESE  BISCUIT  OR  BREAKFAST DONUT | **9**  BREAKFAST BOWL  OR  BACON/EGG &  CHEESE BISCUIT  OR  FRUIT FRUDEL | **10**  WAFFLES/SAUSAGE  OR  HAM & CHEESE BISCUIT  OR  CINNI MINNI | **11**    BREAKFAST BOWL  OR  BAGGED FRENCH TOAST  OR  FRUIT FRUDEL |
| **14**  BREAKFAST BOWL  OR  STEAK/EGG&  CHEESE BISCUIT  OR  CINNI MINNI | **15**  PANCAKES/BACON  OR  SAUSAGE/EGG  &CHEESE  BISCUIT  OR  BREAKFAST DONUT | **16**  BREAKFAST BOWL  OR  BACON/EGG &  CHEESE BISCUIT  OR  FRUIT FRUDEL | **17**    WAFFLES/SAUSAGE  OR  HAM & CHEESE BISCUIT  OR  CINNI MINNI | **18**  BREAKFAST BOWL  OR  BAGGED FRENCH TOAST  OR  FRUIT FRUDAL |
| **21**  BREAKFAST BOWL  OR  STEAK/EGG&  CHEESE BISCUIT  OR  CINNI MINNI | **22**  PANCAKES/BACON  OR  SAUSAGE/EGG  &CHEESE  BISCUIT  OR  BREAKFAST DONUT | **23**  BREAKFAST BOWL  OR  BACON/EGG & CHEESE BISCUIT  OR  FRUIT FRUDEL | **24**  WAFFLES/SAUSAGE  OR  HAM & CHEESE BISCUIT  OR  CINNI MINNI | **25**  **WORK**  **DAY** |
| **28**  BREAKFAST BOWL  OR  STEAK/EGG& CHEESE BISCUIT  OR  CINNI MINNI | **29**  PANCAKES/BACON  OR  SAUSAGE/EGG  &CHEESE  BISCUIT  OR  BREAKFAST DONUT | **30**  BREAKFAST BOWL  OR  BACON/EGG &  CHEESE BISCUIT  OR  FRUIT FRUDEL | **31**    WAFFLES/SAUSAGE  OR  HAM & CHEESE BISCUIT  OR  CINNI MINNI | **OFFERED DAILY:** 1% UNFLAVORED MILK, SKIM UNFLAVORED MILK, FAT FREE CHOCOLATE MILK, FRESH FRUIT, CANNED FRUIT, AND FRUIT JUICE. |

**Subject to change**

**“THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.”**

THIS IS A SAMPLE MENU & DOES NOT CONTAIN CARB COUNTS. CARB COUNTS ARE AVAILABLE UPON REQUEST