

# Central Community School System

## OCTOBER 2019

### Bellingrath Hills Elementary

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Sausage, Egg & Cheese Breakfast wrap Fruit / Fruit Juice Milk Choice	2 Dutch Waffle Fruit / Fruit Juice Milk Choice	3 Grits & Turkey Sausage Link Fruit / Fruit Juice Milk Choice	4 Donut Fruit / Fruit Juice Milk Choice
7 Muffin Fruit / Fruit Juice Milk Choice	8 Scrambled Eggs w/ Toast Fruit / Fruit Juice Milk Choice	9 Mini Pancakes Fruit / Fruit Juice Milk Choice	10 2 oz. Cereal Fruit / Fruit Juice Milk Choice	11 Waffles w/ Syrup Fruit / Fruit Juice Milk Choice
14 Frosted Pop tart & Yogurt Fruit / Fruit Juice Milk Choice	15 Breakfast Pizza Fruit / Fruit Juice Milk Choice	16 Sausage Biscuit Fruit / Fruit Juice Milk Choice	17 Cinnamon Toast Fruit / Fruit Juice Milk Choice	18 <b>Parent / Teacher Conferences</b>
21 <b>Fall Break</b>	22 Pancakes w/ Syrup Fruit / Fruit Juice Milk Choice	23 Honey Bun Fruit / Fruit Juice Milk Choice	24 French Toast Sticks Fruit / Fruit Juice Milk Choice	25 Oatmeal w/ Toast Fruit / Fruit Juice Milk Choice
28 Cereal Bar & Yogurt Fruit / Fruit Juice Milk Choice	29 Cinnamon Toast Fruit / Fruit Juice Milk Choice	30 Dutch Waffle Fruit / Fruit Juice Milk Choice	31 Grits & Turkey Sausage Link Fruit / Fruit Juice Milk Choice	



**NOTE: MENUS ARE SUBJECT TO CHANGE**

Notification Statement: Peanuts and Peanut Products are not purchased for meals produced by the Central Community School System Child Nutrition Program; however, some products served may contain nuts and some products may be produced in plants that use nuts and may contain traces of nuts.

