

# BREAKFAST @ STOKES CAFE

## OCTOBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				1 FRENCH TOAST PLUMS MILK,1% Lowfat MILK,Skim SYRUP,PANCAKE
4 COFFEE CAKE MUFFINS CHEESE STICK BANANAS MILK,1% Lowfat MILK,Skim	5 BAKED EGGS ENGLISH MUFFIN APPLES MILK,1% Lowfat MILK,Skim	6 PANCAKES ORANGES MILK,1% Lowfat MILK,Skim SYRUP,PANCAKE	7 HASHBROWNS TURKEY SAUSAGE LINKS ROLLS PEARS MILK,1% Lowfat MILK,Skim	8 WAFFLES PLUMS MILK,1% Lowfat MILK,Skim SYRUP,PANCAKE
11 NO SCHOOL TODAY	12 PANCAKES APPLES MILK,1% Lowfat MILK,Skim SYRUP,PANCAKE	13 HOME FRIES ORANGES ROLLS MILK,1% Lowfat MILK,Skim	14 EGG SANDWICH PEARS MILK,1% Lowfat MILK,Skim	15 CEREAL,VARIETY YOGURT PLUMS MILK,1% Lowfat MILK,Skim
18 APPLE CINNAMON MUFFINS CHEESE STICK BANANAS MILK,1% Lowfat MILK,Skim	19 GRITS CHEESE CUBES APPLES MILK,1% Lowfat MILK,Skim	20 YOGURT GRANOLA CUPS ORANGES MILK,1% Lowfat MILK,Skim	21 BAGELS PEARS CREAM CHEESE MILK,1% Lowfat MILK,Skim	22 FRIED APPLES TURKEY SAUSAGE ROLLS PLUMS MILK,1% Lowfat MILK,Skim JELLY
25 BANANA MUFFINS CHEESE STICK BANANAS MILK,1% Lowfat MILK,Skim	26 OATMEAL w/DRIED RAISINS APPLES MILK,1% Lowfat MILK,Skim	27 BAGELS TURKEY SAUSAGE ORANGES MILK,1% Lowfat MILK,Skim JELLY	28 CEREAL,VARIETY YOGURT PEARS MILK,1% Lowfat MILK,Skim	29 FRENCH TOAST PLUMS MILK,1% Lowfat MILK,Skim SYRUP,PANCAKE

MENU SUBJECT TO CHANGE.