



Fred Douglass Breakfast Menu

October 2019

01

Morning Sausage Roll

Orange
Choice of Milk

02

Cheerios

Applesauce
Choice of Milk

03

Banana Muffin

Banana
Choice of Milk

04

Blueberry Waffles

Cantaloupe
Choice of Milk

07

Scrambled Eggs w/ Cheese

Apple
Choice of Milk

08

Chocolate Chip Muffin

Fruit Mix
Choice of Milk

09

Country Chicken Biscuit

Applesauce
Choice of Milk

10

Maple Mini Pancakes

Banana
Choice of Milk

11

Turkey Pancake Wrap

Applesauce
Choice of Milk

14

"Staff Comp Professional Development Day"

15

"Parent – Teacher Conference – Planning Day"

16

Waffle

Applesauce
Choice of Milk

17

Strawberry Banana Yogurt

Banana
Choice of Milk

18

Cheerios

Cantaloupe
Choice of Milk

21

Maple Madness Waffles

Apple
Choice of Milk

22

Turkey Pancake Wrap

Orange
Choice of Milk

23

Strawberry Banana Yogurt

Watermelon
Choice of Milk

24

Strawberry Splash Pancakes

Applesauce
Choice of Milk

25

Chocolate Chip Muffins

Diced Peaches
Choice of Milk

28

Country Chicken Biscuit

Banana
Choice of Milk

29

Strawberry Cream Cheese Bagel

Fruit Cocktail
Choice of Milk

30

Breakfast Pizza

Applesauce
Choice of Milk

31

Morning Sausage Roll

Banana
Choice of Milk

More info...

October 8th - Open House 5 – 6:30pm

October 25th – Try Day Friday

More info...

Community Eligibility Provision (CEP)

