

# OCTOBER 2022

## Ponce de Leon High School

### BREAKFAST



**SERVED DAILY: MILK, FRUIT, AND  
CONDIMENTS AS NEEDED. MENU SUBJECT  
TO CHANGE**



**Cinnamon Roll Day is October 4.** Start your day in a fun way with a cinnamon roll. Don't forget to add a glass of milk and a side of fruit to complete your meal!



### MONDAY

Bear Sign  
Country Squares  
Sippin' OJ  
Gitty Up Fruit  
Carton Cow

3

### TUESDAY

Wrought Iron w/  
Sipper  
Country Squares  
Sippin' OJ  
Gitty Up Fruit, Carton Cow

4

### WEDNESDAY

Hot Rock w/ Texas  
Butter  
Country Squares  
Sippin' OJ  
Gitty Up Fruit, Carton Cow

5

### THURSDAY

Cowboy Muffin  
Country Squares  
Sippin' OJ  
Gitty Up Fruit  
Carton Cow

6

### FRIDAY

NO SCHOOL

7

Assorted Pop Tarts  
Assorted Cereal  
Milk  
Orange Juice  
Fruit

10

Hot Ham & Cheese  
Croissant  
Assorted Cereal  
Milk  
Orange Juice Fruit

11

Pancake Sandwich  
Assorted Cereal  
Milk  
Orange Juice  
Fruit

12

Mini Cinnamon Roll  
Assorted Cereal  
Milk  
Orange Juice  
Fruit

14

Blueberry Muffin  
Assorted Cereal  
Milk  
Orange Juice  
Fruit

14

Assorted Pop Tart  
Assorted Cereal  
Milk  
Orange Juice  
Fruit

17

Mini Cinnamon Bagel  
Assorted Pop Tart  
Milk  
Orange Juice  
Fruit

18

Breakfast Pizza  
Assorted Pop Tart  
Milk  
Orange Juice  
Fruit

19

French Toast Sticks  
Assorted Pop Tart  
Milk  
Orange Juice  
Fruit

20

Blueberry Muffin  
Assorted Pop Tart  
Milk  
Orange Juice  
Fruit

21

Assorted Pop Tart  
Assorted Cereal  
Milk  
Orange Juice  
Fruit

24

Pancake Sandwich  
Assorted Cereal  
Milk  
Orange Juice  
Fruit

25

Super Donut  
Assorted Cereal  
Milk  
Orange Juice  
Fruit

26

Blueberry Muffin  
Assorted Cereal  
Milk  
Orange Juice  
Fruit

27

**National Chocolate Day**  
NO SCHOOL

28

**Halloween**  
NO SCHOOL

31

