











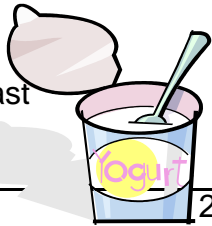





OCTOBER 2009

1/2 PINT OF MILK SERVED DAILY



BREAKFAST MENU

JOHNSON COUNTY SCHOOLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		What Does It Mean. Calcium: A mineral that makes bones and teeth strong. Calcium also helps muscles work.	1 Scrambled Eggs, Salsa on W.W. Tortilla Shell Hashbrown Milk Juice	2 Ham Biscuit Milk Fruit Juice 
5 French Toast or Pancakes String Cheese Milk Juice 	6 Scrambled Eggs & W.W. Toast Milk Juice 	7 W.W. Cheese Toast OR Cereal Milk Banana OR Juice	8 Breakfast Pizza Milk Fruit Juice 	9 Biscuit with Sausage Gravy Milk Juice
12 Fall Break 	13 Steak Biscuit Milk Fruit Juice	14 Apple Muffin Cereal Milk Juice 	15 Yogurt Oatmeal W.W. Toast Milk Juice 	16 Cinnamon Raisin Biscuit Milk Juice
19 French Toast Sticks OR Pancakes Cereal Milk Juice	20 Biscuit w/ Sausage Gravy Milk Juice 	21 Bagel Oatmeal Milk Juice	22 Scrambled Eggs W.W. Toast Or Cereal Milk Juice	23 Chicken Biscuit Milk Juice
26 Yogurt Waffle OR Cereal Milk Juice 	27 Apple Wedges or Juice Toast & Peanut Butter Cereal Milk 	28 Cinnamon Roll String Cheese Milk Juice 	29 Biscuit with Gravy Milk Fruit Juice	30 Breakfast Breaks Milk 

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