



Memorial High School

October 2021

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1
Sausage Cheese Muffin
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

4
Sausage Biscuit
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

5
Breakfast Burrito
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

6
Cinnamon Roll
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

7
Sausage Egg Biscuit
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

8
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11
[Empty menu box]

12
Breakfast Burrito
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

13
Donut
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

14
Sausage Egg Biscuit
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

15
Sausage Cheese Muffin
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

18
Sausage Biscuit
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

19
Breakfast Burrito
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

20
Cinnamon Roll
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

21
Sausage Egg Biscuit
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

22
Sausage Cheese Muffin
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

25
Sausage Biscuit
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

26
Breakfast Burrito
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

27
Donut
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

28
Sausage Egg Biscuit
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

29
Sausage Cheese Muffin
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

The Cafeteria Staff is Committed to Providing Safe, Nutritious Food, Prepared Fresh Daily.

Menu Subject to Change

- *Eat at least 5 servings of fruits and veggies each day.
- *Local ingredients are always used when in season.
- *Fresh fruit & veggies offered daily
- *Assorted milks offered daily!
- *Featured whole grains