



# OCTOBER - 2023

## HOOKS HIGH & JUNIOR HIGH SCHOOL – BREAKFAST MENU

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>2</b> Cereal/Toast/Jelly Breakfast Sandwich Chilled Fresh Fruit 100% Fruit Juice Choice of Milk*	<b>3</b> Cereal/G. Crackers Pancake on a Stick Syrup Chilled Fresh Fruit 100% Fruit Juice Choice of Milk*	<b>4</b> Pop Tart Creamy Oatmeal Cinnamon Toast Chilled Fresh Fruit 100% Fruit Juice Choice of Milk*	<b>5</b> Cereal/Toast Eggstravaganza Biscuit/Gravy Hash Brown Pattie Chilled Fresh Fruit 100% Fruit Juice Choice of Milk*	<b>6</b> Cereal/Toast/Jelly Biscuit Sausage Gravy Egg Pattie Chilled Fresh Fruit 100% Fruit Juice Choice of Milk*
<b>9</b>  STUDENT HOLIDAY	<b>10</b> Cereal/Buttered Toast Biscuit/Jelly Sausage Gravy Fried Egg Pattie Chilled Fresh Fruit 100% Fruit Juice Choice of Milk*	<b>11</b> Assorted Cereal Buttered Toast Eggstravaganza Hash Brown Rounds Chilled Fresh Fruit 100% Fruit Juice Choice of Milk*	<b>12</b> Cereal/Buttered Toast Creamy Oatmeal Cinnamon Toast Chilled Fresh Fruit 100% Fruit Juice Choice of Milk*	<b>13</b> Cereal/Toast Glazed Donut Holes Chilled Fresh Fruit 100% Fruit Juice Choice of Milk*
<b>16</b> Cereal/Toast/Jelly Breakfast Sandwich Chilled Fresh Fruit 100% Fruit Juice Choice of Milk*	<b>17</b> Cereal/Toast Scrambled Eggs Biscuit/Gravy Chilled Fresh Fruit 100% Fruit Juice Choice of Milk*	<b>18</b> Cereal/Cheese Stick Burrito/Salsa Chilled Fresh Fruit 100% Fruit Juice Choice of Milk*	<b>19</b> Cereal/G. Cracker Mini Waffles/Syrup Sausage Chilled Fresh Fruit 100% Fruit Juice Choice of Milk*	<b>20</b> Breakfast Pizza Apple Strudel Cheese Stick Chilled Fresh Fruit 100% Fruit Juice Choice of Milk*
<b>23</b> Cereal/Toast Pancakes/Syrup Sausage Links Chilled Fresh Fruit 100% Fruit Juice Choice of Milk*	<b>24</b> Cereal/G. Crackers Mini Cinnis Chilled Fresh Fruit 100% Fruit Juice Choice of Milk*	<b>25</b> Cereal/Buttered Toast Cheesy Scrambled Eggs Biscuit/Gravy Chilled Fresh Fruit 100% Fruit Juice Choice of Milk*	<b>26</b> Cereal/G. Crackers Creamy Oatmeal Cinnamon Toast Chilled Fresh Fruit 100% Fruit Juice Choice of Milk*	<b>27</b> Cereal/Toast Jalapeno Kolache String Cheese Chilled Fresh Fruit 100% Fruit Juice Choice of Milk*
<b>30</b> Cereal/G. Crackers Pancake on a Stick Syrup Chilled Fresh Fruit 100% Fruit Juice Choice of Milk*	<b>31</b> Cereal/Buttered Toast Breakfast Pizza Chilled Fresh Fruit 1200% Fruit Juice Choice of Milk*	<b>MENUS ARE            SUBJECT TO            CHANGE WITHOUT            NOTICE!</b>	<b>MILK SERVED:</b>  1% White 1% Chocolate	

This institution is an equal opportunity provider.