

# SONORA ISD BREAKFAST

# OCT

## MENU 2022

### GEAR UP FOR SWIM CLASS



### ANNOUNCEMENTS:

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**3<sup>RD</sup>**  
BREAKFAST COOKIE / YOGURT  
PRE-K PANCAKES / BACON  
or  
Cereal / Crackers  
100% Fruit Juice  
Fruit  
Milk Variety

**4<sup>TH</sup>**  
BREAKFAST BREAD  
CHEESE STICK  
or  
Cereal / Crackers  
100% Fruit Juice  
Fruit  
Milk Variety

**5<sup>TH</sup>**  
WAFFLES / SAUSAGE  
or  
Cereal / Crackers  
100% Fruit Juice  
Fruit  
Milk Variety

**6<sup>TH</sup>**  
SUNRISE SANDWICH  
(CROISSANT, HAM, EGG, CHEESE)  
or  
Cereal / Crackers  
100% Fruit Juice  
Fruit  
Milk Variety

**7<sup>TH</sup>**  
DONUTS / SAUSAGE  
PRE-K SAUSAGE / BISCUIT  
or  
Cereal / Crackers  
100% Fruit Juice  
Fruit  
Milk Variety

**10<sup>TH</sup>**  
BREAKFAST PIZZA  
or  
Cereal / Crackers  
100% Fruit Juice  
Fruit  
Milk Variety

**11<sup>TH</sup>**  
FRENCH TOAST / SAUSAGE  
or  
Cereal / Crackers  
100% Fruit Juice  
Fruit  
Milk Variety

**12<sup>TH</sup>**  
BISCUIT & SAUSAGE  
or  
Cereal / Crackers  
100% Fruit Juice  
Fruit  
Milk Variety

**13<sup>TH</sup>**  
PANCAKE WRAP / YOGURT  
or  
Cereal / Crackers  
100% Fruit Juice  
Fruit  
Milk Variety

**14<sup>TH</sup>**  
CHICKEN & BISCUIT  
or  
Cereal / Crackers  
100% Fruit Juice  
Fruit  
Milk Variety

**17<sup>TH</sup>**  
PANCAKES / BACON  
or  
Cereal / Crackers  
100% Fruit Juice  
Fruit  
Milk Variety

**18<sup>TH</sup>**  
EARLY BIRD SANWICH  
(WAFFLE, SAUSAGE, EGG)  
or  
Cereal / Crackers  
100% Fruit Juice  
Fruit  
Milk Variety

**19<sup>TH</sup>**  
SAUSAGE, EGG, CHEESE, BISCUIT  
or  
Cereal / Crackers  
100% Fruit Juice  
Fruit  
Milk Variety

**20<sup>TH</sup>**  
BREAKFAST COOKIE / YOGURT  
PRE-K SAUSAGE & BISCUIT  
or  
Cereal / Crackers  
100% Fruit Juice  
Fruit  
Milk Variety

**21<sup>ST</sup>**  
BK BURRITO / HASHBROWN  
or  
Cereal / Crackers  
100% Fruit Juice  
Fruit  
Milk Variety

**24<sup>TH</sup>**  
CINNAMON ROLL / BACON  
PRE-K SAUSAGE KOLACHE / YOGURT  
or  
Cereal / Crackers  
100% Fruit Juice  
Fruit  
Milk Variety

**25<sup>TH</sup>**  
PB & JELLY SANDWICH  
or  
Cereal / Crackers  
100% Fruit Juice  
Fruit  
Milk Variety

**26<sup>TH</sup> NOON RELEASE**  
CHICKEN & BISCUIT  
or  
Cereal / Crackers  
100% Fruit Juice  
Fruit  
Milk Variety

**27<sup>TH</sup>**  
BREAKFAST PIZZA  
or  
Cereal / Crackers  
100% Fruit Juice  
Fruit  
Milk Variety

**28<sup>TH</sup>**  
FRENCH TOAST / SAUSAGE  
or  
Cereal / Crackers  
100% Fruit Juice  
Fruit  
Milk Variety

**31<sup>ST</sup> NOON RELEASE**  
PANCAKE / BACON  
or  
Cereal / Crackers  
100% Fruit Juice  
Fruit  
MILK VARIETY



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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Food and Nutrition Division  
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