



# SMYER ISD BREAKFAST MENU

October  
2022

Start your day with a healthy breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>Sausage Breakfast Pizza</p> <p>Choice of Cereal Graham Crackers or Toast</p> <p>Yogurt Parfait with Fruit &amp; Granola</p> <p>Fruit Juice</p>	<p><b>4</b></p> <p>Biscuit, Sausage &amp; Gravy</p> <p>Choice of Cereal Graham Crackers or Toast</p> <p>Cereal Parfait juice fruit</p>	<p><b>5</b></p> <p>Pancake on a Stick</p> <p>Choice of Cereal Graham Crackers or Toast</p> <p>Cereal Parfait juice fruit</p>	<p><b>6</b></p> <p>Cinnamon Roll</p> <p>Choice of Cereal Graham Crackers or Toast Bread</p> <p>Yogurt Parfait with Fruit &amp; Granola</p> <p>Fresh Fruit Bar juice</p>	<p><b>7</b></p> <p>Breakfast Banana Split Yogurt Parfait</p> <p>Choice of Cereal Graham Crackers or Toast</p>
<p><b>10</b></p> <p>Columbus day</p>	<p><b>11</b></p> <p>Chocolate Chip Muffin Cheese Stick Grape Uncrustable</p> <p>Choice of Cereal fruit Graham Crackers juice</p>	<p><b>12</b></p> <p>Scrambled Eggs, Sausage &amp; Potatoes Sausage Patty Breakfast Potatoes</p> <p>Choice of Cereal Whole Grain Toast</p> <p>Grape Uncrustable Cheese Stick</p>	<p><b>13</b></p> <p>Pancake on a Stick</p> <p>Choice of Cereal Graham Crackers</p> <p>Grape Uncrustable Cheese Stick</p>	<p><b>14</b></p> <p>Cheesy Ham Melt</p> <p>Choice of Cereal Graham Crackers</p> <p>Grape Uncrustable Cheese Stick juice fruit</p>
<p><b>17</b></p> <p>Breakfast Burrito</p> <p>Choice of Cereal Graham Crackers</p> <p>Yogurt Parfait with Fruit &amp; Granola Juice Fruit</p>	<p><b>18</b></p> <p>Blueberry Loaf</p> <p>Choice of Cereal Graham Crackers</p> <p>Yogurt Parfait with Fruit &amp; Granola Juice fruit</p>	<p><b>19</b></p> <p>Sausage Breakfast Pizza</p> <p>Choice of Cereal Graham Crackers or Toast</p> <p>Yogurt Parfait with Fruit &amp; Granola</p> <p>Juice Fruit</p>	<p><b>20</b></p> <p>Blueberry Muffin</p> <p>Choice of Cereal Whole Grain Toast</p> <p>Yogurt Parfait with Fruit &amp; Granola Juice Fruit</p>	<p><b>21</b></p> <p>Sausage Breakfast Pizza</p> <p>Choice of Cereal Graham Crackers</p> <p>Yogurt Parfait with Fruit &amp; Granola Juice Fruit</p>
<p><b>24</b></p> <p>Biscuits &amp; Gravy</p> <p>Choice of Cereal Graham Crackers</p> <p>Grape Uncrustable Cheese Stick Juice Fruit</p>	<p><b>25</b></p> <p>Chocolat Banana Bread Overnight Oats</p> <p>Choice of Cereal Graham Crackers</p> <p>Grape Uncrustable Cheese Stick Juice Fruit</p>	<p><b>26</b></p> <p>Pancake Bar Sausage Patty</p> <p>Choice of Cereal Graham Crackers or Toast</p> <p>Grape Uncrustable Cheese Stick Juice Fruit</p>	<p><b>27</b></p> <p>Sausage Breakfast Pizza</p> <p>Choice of Cereal Graham Crackers or Toast</p> <p>Grape Uncrustable Cheese Stick Juice Fruit</p>	<p><b>28</b></p> <p>Pancake on a Stick</p> <p>Choice of Cereal Graham Crackers or Toast</p> <p>Grape Uncrustable Cheese Stick Juice FILL IN SPECIAL</p>
<p><b>31</b></p> <p>Waffle Sticks</p> <p>Choice of Cereal Graham Crackers</p> <p>Grape Uncrustable Cheese Stick Juice Fruit</p>				

PRICES

Students FREE  
Adult Breakfast \$2.75

EXTRA INFO

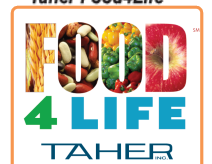
For questions, please contact Food Service  
Director Rosy Rivera  
rosa.rivera@smyer-isd.com  
\*Choice of Milk: 1% White or Chocolate

HARVEST OF



THE MONTH

Your MENUS plus more information on our app  
TaHER Food4Life®



www.taHER.com

Menus are subject to change without notice. This institution is an equal opportunity provider.