

DuBois Catholic Breakfast Menu

Head Cook: Louise Vasbiner

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Oct 2 Grab & Go Cinnamon Rush Mini French Toast Fresh Apple 100% Orange Juice Fat Free Milk	Oct 3 Breakfast Pizza Peach Cup 100 % Apple Juice Fat Free Milk	Oct 4 Baked Cinnamon Roll Apple Sauce 100% Orange Juice Fat Free Milk	Oct 5 Benefit Breakfast Bar Pineapple Tidbits 100% Apple Juice Fat Free Milk	Oct 6 Cherry Frudel Fresh Apple 100% Orange Juice Fat Free Milk
Oct 9 Yogurt W/1 Toast Slice Fresh Apple 100% Orange Juice Fat Free Milk	Oct 10 Grab & Go Mini Pancakes Peach Cup 100% Apple Juice Fat Free Milk	Oct 11 Breakfast Pizza Apple Sauce 100% Orange Juice Fat Free Milk	Oct 12 Egg & Cheese Breakfast Taco Pineapple Tidbits 100% Apple Juice Fat Free Milk	Oct 13 Apple Frudel Fresh Apple 100% Orange Juice Fat Free Milk
Oct 16 Grab & Go Cinnamon Rush Mini French Toast Fresh Apple 100% Orange Juice Fat Free Milk	Oct 17 Breakfast Pizza Peach Cup 100 % Apple Juice Fat Free Milk	Oct 18 Pancake/Sausage Wrap On A Stick Apple Sauce 100% Orange Juice Fat Free Milk	Oct 19 Benefit Breakfast Bar Pineapple Tidbits 100% Apple Juice Fat Free Milk	Oct 20 Baked Cinnamon Roll Fresh Apple 100% Orange Juice Fat Free Milk
Oct 23 Yogurt W/1 Toast Slice Fresh Apple 100% Orange Juice Fat Free Milk	Oct 24 Grab & Go Mini Pancakes Peach Cup 100% Apple Juice Fat Free Milk	Oct 25 Whole Grain Donut Apple Sauce 100% Orange Juice Fat Free Milk	Oct 26 Egg & Cheese Breakfast Taco Pineapple Tidbits 100% Apple Juice Fat Free Milk	Oct 27 Apple Frudel Fresh Apple 100% Orange Juice Fat Free Milk
Oct 31 Grab & Go Cinnamon Rush Mini French Toast Fresh Apple 100% Orange Juice Fat Free Milk			Don't miss our new breakfast items throughout the month. Eggo Mini Pancakes and Eggo Chocolate Chip French Toast !	 Whole Grains Available Daily

What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price. Entrée, 1 Cup Fruit, and 1/2 Pint Milk

Offered Daily:

Choice Of Assorted Cereal With WG Toast Slice

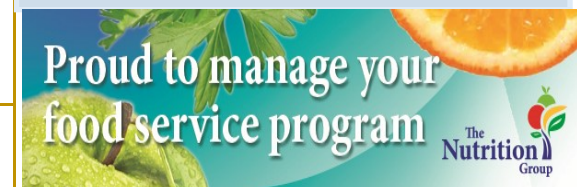


Whole Grain Pop-Tarts , Eggo Mini Pancakes



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
Fat Free White and Low Fat White



Meal Prices:

Paid \$1.00

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MENUS SUBJECT TO CHANGE