

Cotati-Rohnert Park Unified School District

Tech High Breakfast October 2022

Meatless Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Strawberry Mini Bagels OR Blueberry Muffin w/Grahams	Belgium Waffles and Sausage OR Apple Frudel	Eggo Mini French Toast OR Cinnamon Bun	Egg, Cheese & Turkey Sausage Breakfast Burrito OR Banana Bread	Pancake on a Stick OR Bagel & Cream Cheese
10	11	12	13	14
Egg, and Cheese Muffin OR UBR	Mini Pancake OR BeneFit Bar	Sausage Breakfast Pizza OR Banana Mini Loaf w/String Cheese	Mini Waffle OR Concha	French Toast OR WG Pop Tart
17	18	19	20	21
Strawberry Mini Bagels OR Blueberry Muffin w/Grahams	Belgium Waffles and Sausage OR Apple Frudel	Eggo Mini French Toast OR Cinnamon Bun	Egg, Cheese & Turkey Sausage Breakfast Burrito OR Banana Bread	Pancake on a Stick OR Bagel & Cream Cheese
24	25	26	27	28
	Mini Pancake OR BeneFit Bar	Sausage Breakfast Pizza OR Banana Mini Loaf w/String Cheese	Mini Waffle OR Concha	French Toast OR WG Pop Tart
31				
Strawberry Mini Bagels OR Blueberry Muffin w/Grahams				

We offer fruit and 100% juice each morning, you must take at least 1/2 cup, you may take more.

Cereal and grahams or string cheese are offered for breakfast every day.

Fat Free chocolate milk and 1% unflavored milk are offered everyday.

All Meals are offered at NO COST to ALL students!

Limit of one of each meal per day per student, please.

This institution is an equal opportunity provider.

