



BREAKFAST

This Institution is an Equal Opportunity Employer

OCTOBER 2020

Mt Ararat High School

Breakfast and Lunch free to all students until December 31. Menu subject to change

Monday

Tuesday

Wednesday

Thursday

Friday

Cinnamon Bun
Kiwi
Milk

5

Cereal
Banana
Milk

6

Cinnamon Bun
Kiwi
Milk

7

Cereal
Banana
Milk

8

Professional Development
Day

No School

9

Holiday

No School

12

Gogurt & Granola Bar
Cheese stick
Juice

13

WG Donut Holes
Juice

14

Gogurt & Granola Bar
Cheese stick
Juice

15

WG Donut Holes
Juice

16

Cereal Bar
Fruit

19

Fruit Cup
Muffin

20

Meal Pick up Day

21

Cereal Bar
Fruit

22

Fruit Cup
Muffin

23

Breakfast Sandwich
Apple

26

Breakfast Pizza
Orange

27

Meal Pick up Day

28

Breakfast Sandwich
Apple

29

Breakfast Pizza
Orange

30

All Meals are free until December 31, 2020 or funding runs out.
Please email FoodService Director with questions @dicarak@link75.org.
Additional Items will be available at the A la Carte Station to include breakfast sandwiches, yogurt parfaits & assorted cereals and cereal bars

