



# BREAKFAST

# OCTOBER 2022

## Poplarville High School

### Monday

French Toast Sticks w/ Syrup **3**  
 Assorted Cereal  
 Grits  
 Sausage  
 Fruit/Fruit Juice  
 Assorted Milk

French Toast Sticks w/ Syrup **10**  
 Assorted Cereal  
 Grits  
 Sausage  
 Fruit/Fruit Juice  
 Assorted Milk

French Toast Sticks w/ Syrup **17**  
 Assorted Cereal  
 Grits  
 Sausage  
 Fruit/Fruit Juice  
 Assorted Milk

French Toast Sticks w/ Syrup **24**  
 Assorted Cereal  
 Grits  
 Sausage  
 Fruit/Fruit Juice  
 Assorted Milk

French Toast Sticks w/ Syrup **31**  
 Assorted Cereal  
 Grits  
 Sausage  
 Fruit/Fruit Juice  
 Assorted Milk

### Tuesday

Pancakes/Bacon  
 Pop Tart **4**  
 Grits  
 Fruit  
 Fruit Juice  
 Assorted Milk  
 Syrup

Pancakes/Bacon  
 Pop Tart **11**  
 Grits  
 Fruit  
 Fruit Juice  
 Assorted Milk  
 Syrup

Pancakes/Bacon  
 Pop Tart **18**  
 Grits  
 Fruit  
 Fruit Juice  
 Assorted Milk  
 Syrup

Pancakes/Bacon  
 Pop Tart **25**  
 Grits  
 Fruit  
 Fruit Juice  
 Assorted Milk  
 Syrup

### Wednesday

Sausage and Biscuit  
 Assorted Cereal **5**  
 Grits  
 Fruit  
 Fruit Juice  
 Assorted Milk  
 Jelly

Sausage and Biscuit  
 Assorted Cereal **12**  
 Grits  
 Fruit  
 Fruit Juice  
 Assorted Milk  
 Jelly

Sausage and Biscuit  
 Assorted Cereal **19**  
 Grits  
 Fruit  
 Fruit Juice  
 Assorted Milk  
 Jelly

Sausage and Biscuit  
 Assorted Cereal **26**  
 Grits  
 Fruit  
 Fruit Juice  
 Assorted Milk  
 Jelly

### Thursday

French Toast Sticks w/ Syrup **6**  
 Bacon  
 Grits  
 Pop Tarts  
 Juice  
 Fruit  
 Assorted Milk

French Toast Sticks w/ Syrup **13**  
 Bacon  
 Grits  
 Pop Tarts  
 Juice  
 Fruit  
 Assorted Milk

French Toast Sticks w/ Syrup **20**  
 Bacon  
 Grits  
 Pop Tarts  
 Juice  
 Fruit  
 Assorted Milk

French Toast Sticks w/ Syrup **27**  
 Bacon  
 Grits  
 Pop Tarts  
 Juice  
 Fruit  
 Assorted Milk

### Friday

Biscuit and Sausage  
 Cinnamon Roll **7**  
 Grits  
 Fruit  
 Fruit Juice  
 Assorted Milk

Biscuit and Sausage  
 Cinnamon Roll **14**  
 Grits  
 Fruit  
 Fruit Juice  
 Assorted Milk

No School **21**  
  
 Fall Break

Biscuit and Sausage  
 Cinnamon Roll **28**  
 Grits  
 Fruit  
 Fruit Juice  
 Assorted Milk

