

# VISTA DEL FUTURO CHARTER SCHOOL BREAKFAST

# OCT

## MENU 2022

### GEAR UP FOR SWIM CLASS



#### ANNOUNCEMENTS:

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## MONDAY

3<sup>RD</sup> ASSORTED CEREAL  
COOKIES  
JUICE  
FRUIT  
MILK

10<sup>TH</sup>

No School- Professional  
Development

17<sup>TH</sup> ASSORTED  
CEREAL  
MUFFIN  
JUICE  
FRUIT  
MILK

24<sup>TH</sup> ASSORTED  
CEREAL  
CORN BREAD  
JUICE  
FRUIT  
MILK

31<sup>ST</sup> ASSORTED  
CEREAL  
JUICE  
FRUIT  
MILK

## TUESDAY

4<sup>TH</sup> SCRAMBLED EGGS  
TATER TOTS  
TOAST  
JUICE  
FRUIT  
MILK

11<sup>TH</sup> BREAKFAST PIZZA  
JUICE  
FRUIT  
MILK

18<sup>TH</sup> EGG AND BACON  
BISCUIT  
FRUIT  
MILK

25<sup>TH</sup> BEAN AND CHEESE  
BURRITO  
JUICE  
FRUIT  
MILK

NOTICE:  
Product availability is  
not stable, and this menu is subject to  
change without notice based  
on availability

## WEDNESDAY

5<sup>TH</sup> CINNAMON SUGAR  
DONUT  
JUICE  
FRUIT  
MILK

12<sup>TH</sup> MINI DONUTS  
JUICE  
FRUIT  
MILK

19<sup>TH</sup> CONCHA BREAD  
JUICE  
FRUIT  
MILK

26<sup>TH</sup> CINNAMON ROLL  
JUICE  
FRUIT  
MILK

## THURSDAY

6<sup>TH</sup> FRENCH TOAST  
SYRUP  
JUICE  
FRUIT  
MILK

13<sup>TH</sup> PANCAKES  
SYRUP  
JUICE  
FRUIT  
MILK

20<sup>TH</sup> WAFFLES  
SYRUP  
JUICE  
FRUIT  
MILK

27<sup>TH</sup> GRANOLA BAR  
YOGURT  
FRUIT  
MILK

## FRIDAY

7<sup>TH</sup> CHOCOLATE CHIP  
COOKIES  
JUICE  
FRUIT  
MILK

14<sup>TH</sup> ASSORTED CEREAL  
JUICE  
FRUIT  
MILK

21<sup>ST</sup> CHOCOLATE CHIP  
COOKIES  
CHEESE STICK  
JUICE  
FRUIT  
MILK

28<sup>TH</sup> ASSORTED CEREAL  
JUICE  
FRUIT  
MILK



Food and Nutrition Division  
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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