

# October 2025

St. Marcus Lutheran School

Maple & Bean Free K4-8th Hot Breakfast Menu

**\*\*ALLERGY MENU\*\***



**CFI**

CENTERS FOR INDEPENDENCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MILK FOR SCHOOLS:</b> <b>SKIM WHITE</b> <b>LOW FAT WHITE</b> <b>SKIM CHOCOLATE</b>  <b>MENU SUBJECT TO CHANGE</b>		<b>1</b>  <b>-HOT BREAKFAST-</b> WG Blueberry Glazed Pancakes** 100% Fruit Juice Fresh Banana Choice of Milk	<b>2</b>  WG Eggo Cinnamon French Toast Grahams** 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>3</b>  <b>-HOT BREAKFAST-</b> Manager's Choice Maple Free Hot Breakfast** <b>NO SYRUP- USE JELLY OR HONEY</b> 100% Fruit Juice Seasonal Fruit Choice of Milk
<b>6</b>  <b>-HOT BREAKFAST-</b> <b>USE ALTERNATE BREAKFAST</b> <b>NO SYRUP- USE JELLY OR HONEY</b> 100% Fruit Juice Mango Applesauce Cup Choice of Milk	<b>7</b>  Strawberry Banana Yogurt Cup WG Chortles 100% Fruit Juice Sour Watermelon Raisins Choice of Milk	<b>8</b>  <b>-HOT BREAKFAST-</b> WG Poffitz Pancake Bites** 100% Fruit Juice Fresh Banana Choice of Milk	<b>9</b>  WG Blueberry Muffin Cheddar Cheese Stick 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>10</b>  <b>-HOT BREAKFAST-</b> <b>NEW!</b> WG Croissant w/ Egg & Cheese** 100% Fruit Juice Diced Peach Cup Choice of Milk
<b>13</b>  <b>-HOT BREAKFAST-</b> WG Turkey Sausage, Egg & Cheese Breakfast Burrito** Taco Sauce 100% Fruit Juice Strawberry Banana Applesauce Cup Choice of Milk	<b>14</b>  Tropical Yogurt Smoothie WG Mixed Berry Animal Crackers Diced Pear Cup Choice of Milk	<b>15</b>  <b>-HOT BREAKFAST-</b> WG Cinnamon Cream Cheese Filled Bagel** 100% Fruit Juice Fresh Banana Choice of Milk	<b>16</b>  WG Golden Grahams Cereal String Cheese 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>17</b>  <b>NO SCHOOL</b>
<b>20</b>  <b>-HOT BREAKFAST-</b> WG Croissant w/ Chicken Sausage & Cheese** 100% Fruit Juice Mixed Berry Applesauce Cup Choice of Milk	<b>21</b>  Mango Yogurt Cup WG Cinnamon Granola 100% Fruit Juice Mixed Fruit Cup Choice of Milk	<b>22</b>  <b>-HOT BREAKFAST-</b> <b>NEW!</b> WG Cherry Frudel** 100% Fruit Juice Fresh Banana Choice of Milk	<b>23</b>  WG Banana Muffin Colby Jack Cheese Stick 100% Fruit Juice Seasonal Fruit Choice of Milk	<b>24</b>  <b>-HOT BREAKFAST-</b> WG English Muffin w/ Egg & Cheese** 100% Fruit Juice Seasonal Fruit Choice of Milk
<b>27</b>  <b>NO SCHOOL</b>	<b>28</b>  <b>NO SCHOOL</b>	<b>29</b>  <b>NO SCHOOL</b>	<b>30</b>  <b>NO SCHOOL</b>	<b>31</b>  <b>Happy Halloween!</b> <b>NO SCHOOL</b>

**MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY**

This institution is an equal opportunity provider.

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