



October 2023

BREAKFAST MENU

Ascend Academy Charter High School

*Daily Beverage Options Are: 1% Milk & Nonfat Chocolate Milk

Menus Are Subject and Are Based on Availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Egg & Cheese Turkey Sausage WG Biscuit Fresh Fruit 100% Juice	3 WG Mini Waffle Bites Fresh Fruit 100% Juice	4 WG Pancakes Fresh Fruit 100% Juice	5 Assorted Cereal or Granola Bar Yogurt Option Fresh Fruit 100% Juice	6 WW Bagel w/Cream Cheese Fresh Fruit 100% Juice
9 Egg Frittata WG Biscuit Fresh Fruit 100% Juice	10 Egg & Cheese WG Biscuit Fresh Fruit 100% Juice	11 Pancake Wrapped Sausage Fresh Fruit 100% Juice	12 Assorted Cereal or Granola Bar Yogurt Option Fresh Fruit 100% Juice	13 WW Bagel w/Cream Cheese Fresh Fruit 100% Juice
16 WG Pancakes Fresh Fruit 100% Juice	17 Egg Patty Turkey Sausage WG Biscuit Fresh Fruit 100% Juice	18 WG Mini Waffle Bites Fresh Fruit 100% Juice	19 Assorted Cereal or Granola Bar Yogurt Option Fresh Fruit 100% Juice	20 WW Bagel w/Cream Cheese Fresh Fruit 100% Juice
23 Scrambled Eggs Turkey Sausage WG Biscuit Fresh Fruit 100% Juice	24 <i>NO SCHOOL</i>	25 Egg Frittata WG Biscuit Fresh Fruit 100% Juice	26 Assorted Cereal or Granola Bar Yogurt Option Fresh Fruit 100% Juice	27 WW Bagel w/Cream Cheese Fresh Fruit 100% Juice
30 Mini Breaded Chicken WG Biscuit Fresh Fruit 100% Juice	31 Egg & Cheese WG Biscuit Fresh Fruit 100% Juice			

