

# Wheeling CCSD # 21 Middle School Breakfast **October**

Available Daily:  
Cold Cereal, Bagel & Cream Cheese,  
Yogurt, Cereal Bar, Fruit Juice

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<b>5</b> French Toast Sticks & Syrup Turkey Ham Slice  Choice of Milk	<b>6</b> Breakfast Sandwich Apricots Oatmeal  Choice of Milk	<b>7</b> Waffle & Syrup Mixed Fruit Oatmeal  Choice of Milk	<b>8</b> Cheesy Pizza Bagel Mandarin Oranges Oatmeal  Choice of Milk	<b>9</b> Pigs in a Blanket & Syrup Oatmeal  Choice of Milk	Cal 620 T.Fat 11.90 G S.Fat 5.0 G Chol 45.8 Mg Sodm 887.67 Mg Carb 107.91 G Fiber 2.0 G Prtn 19.51 G Iron 5.15 Mg Calc 537.56 Mg Vit A 246.78 RE Vit C 28.30 Mg
<b>12</b> Columbus Day Holiday	<b>13</b> Egg & Cheese Pocket Apricots Oatmeal  Choice of Milk	<b>14</b> French Toast Sticks & Syrup Beef Sausage Patty Oatmeal  Choice of Milk	<b>15</b> Biscuit Sandwich Pears Oatmeal  Choice of Milk	<b>16</b> Waffle & Syrup Mixed Fruit Oatmeal  Choice of Milk	Cal 618 T.Fat 11.81 G S.Fat 5.1 G Chol 50.7 Mg Sodm 821.72 Mg Carb 109.09 G Fiber 1.8 G Prtn 17.68 G Iron 4.95 Mg Calc 512.97 Mg Vit A 240.60 RE Vit C 24.48 Mg
<b>19</b> Pigs in a Blanket & Syrup Choice of Milk	<b>20</b> Breakfast Pizza Applesauce Oatmeal  Choice of Milk	<b>21</b> Waffle & Syrup Mixed Fruit Oatmeal  Choice of Milk	<b>22</b> Breakfast Sandwich Apricots Oatmeal  Choice of Milk	<b>23</b> French Toast Sticks & Syrup Beef Sausage Patty Oatmeal  Choice of Milk	Cal 630 T.Fat 13.81 G S.Fat 5.3 G Chol 48.9 Mg Sodm 880.71 Mg Carb 106.42 G Fiber 1.8 G Prtn 18.76 G Iron 5.01 Mg Calc 504.40 Mg Vit A 248.76 RE
<b>26</b> Biscuit Sandwich Pears  Choice of Milk	<b>27</b> Pancakes & Syrup Bacon Oatmeal  Choice of Milk	<b>28</b> Cheesy Pizza Bagel Mandarin Oranges Oatmeal  Choice of Milk	<b>29</b> French Toast Sticks & Syrup Turkey Ham Slice Oatmeal  Choice of Milk	<b>30</b> Half Day Breakfast Only  Egg & Cheese Pocket Apricots Oatmeal  Choice of Milk	Cal 600 T.Fat 11.75 G S.Fat 5.5 G Chol 49.9 Mg Sodm 894.27 Mg Carb 102.77 G Fiber 2.2 G Prtn 20.10 G Iron 4.24 Mg Calc 495.93 Mg Vit A 225.73 RE Vit C 27.06 Mg

This institution is an equal opportunity provider. Food service provided by Chartwells. Menu subject to change without notice.

For questions about the menu, please call the food service office at (847) 279-3451 or e-mail [unit16399@compass-usa.com](mailto:unit16399@compass-usa.com).