

OCTOBER 2025

Big Oak Flat Unified School District

MENU SUBJECT TO CHANGE
Served Daily – Fruits, Graham
Crackers Choice of Cereal,
Yogurt, Milk

Monday

Tuesday

Wednesday

Thursday

Friday

Oatmeal

6

Choice of Cereal,
Fresh Fruit, Yogurt,
Graham cracker

Parfait of the Day

7

Choice of Cereal,
Fresh Fruit, Yogurt,
Graham cracker

Bagel breakfast sandwich

8

(Egg & Cheese)
Choice of Cereal,
Fresh Fruit, Yogurt,
Graham cracker

Apple Strudel

9

Choice of Cereal,
Fresh Fruit, Yogurt,
Graham cracker

Cinnamon Roll

10

Choice of Cereal,
Fresh Fruit, Yogurt,
Graham cracker

Biscuit & Gravy

13

Choice of Cereal,
Fresh Fruit, Yogurt,
Graham cracker

Parfait of the Day

14

Choice of Cereal,
Fresh Fruit, Yogurt,
Graham cracker

Croissant Breakfast sandwich

15

Choice of Cereal,
Fresh Fruit, Yogurt,
Graham cracker

Homemade Seasonal Muffin

16

Choice of Cereal,
Fresh Fruit, Yogurt,
Graham cracker

French Toast Sticks

17

Choice of Cereal,
Fresh Fruit, Yogurt,
Graham cracker

Scrambled Eggs & Toast

20

Choice of Cereal,
Fresh Fruit, Yogurt,
Graham cracker

Parfait of the Day

21

Choice of Cereal,
Fresh Fruit, Yogurt,
Graham cracker

Sausage Biscuit

22

Choice of Cereal,
Fresh Fruit, Yogurt,
Graham cracker

Apple Strudel

23

Choice of Cereal,
Fresh Fruit, Yogurt,
Graham cracker

Honey Bun

24

Choice of Cereal,
Fresh Fruit, Yogurt,
Graham cracker

Oatmeal

27

Choice of Cereal,
Fresh Fruit, Yogurt,
Graham cracker

Parfait of the Day

28

Choice of Cereal,
Fresh Fruit, Yogurt,
Graham cracker

Croissant Breakfast sandwich

29

Choice of Cereal,
Fresh Fruit, Yogurt,
Graham cracker

Biscuit & Gravy

30

Choice of Cereal,
Fresh Fruit, Yogurt,
Graham cracker

!!COFFIN CAKE !!

31

(Coffee cake)
Choice of Cereal,
Fresh Fruit, Yogurt,
Graham cracker