

October 2023

Breakfast

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2 Breakfast Sandwich or Cereal Milk Juice Fruit	3 Pancake on a Stick or Cereal Milk Juice Fruit	4 Yogurt and Cereal Milk Juice Fruit	5 Bagel w/Cream Cheese or Cereal Milk Juice Fruit	6 French Toast Sticks or Cereal Milk Juice Fruit	7
8	9 No School Columbus Day	10 Breakfast Pizza or Cereal Milk Juice Fruit	11 Nutrigrain Bar or Cereal Milk Juice Fruit	12 Homemade Muffin or Cereal Milk Juice Fruit	13 Mini Waffles or Cereal Milk Juice Fruit	14
15	16 Egg Patty w/Cheese and toast or Cereal Milk Juice Fruit	17 Pancake on a Stick or Cereal Milk Juice Fruit	18 Chocolate Chip Oatmeal Bar or Cereal Milk Juice Fruit	19 Bagel w/Cream Cheese or Cereal Milk Juice Fruit	20 French Toast Sticks or Cereal Milk Juice Fruit	21
22	23 Mini Waffles or Cereal Milk Juice Fruit	24 Breakfast Pizza or Cereal Milk Juice Fruit	25 Poptart or Cereal Milk Juice Fruit	26 Chocolate Chip Muffin or Cereal Milk Juice Fruit	27 No School In-Service Day	28
29	30 Egg Patty w/Cheese and toast or Cereal Milk Juice Fruit	31 Breakfast Pizza or Cereal Milk Juice Fruit				Main Course: Choose 1 menu entree or cereal w/ whole grain. Fruit: choose up to 2 one cup fruits offered 100% juice offered. Milk: choose 1