

OCTOBER 2022

BREAKFAST MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3	4	5	6	7
<p>10</p> <p>PROFESSIONAL LEARNING NO SCHOOL</p>	<p>11</p> <p>Whole Grain Cinnamon Roll Applesauce Fruit Choice Milk Choice OR Hot Breakfast Choice</p>	<p>12</p> <p>Elementary Schools: Fruit & Yogurt Smoothie Whole Grain Cinnamon Goldfish Grahams High Schools: Whole Grain Blueberry Bread, Applesauce Fruit Choice Milk Choice</p>	<p>13</p> <p>Whole Grain Reduced Sugar Cinnamon Toast Crunch Whole Grain Elf Grahams Craisins Fruit Choice Milk Choice OR Hot Breakfast Choice</p>	<p>14</p> <p>Whole Grain Banana Bread 100% Fruit Juice Fruit Choice Milk Choice</p>
<p>17</p> <p>Whole Grain Muffin Low Fat Cheese Stick 100% Fruit Juice Fruit Choice Milk Choice</p>	<p>18</p> <p>Multigrain Cheerios Whole Grain Elf Grahams Craisins Fruit Choice Milk Choice OR Hot Breakfast Choice</p>	<p>19</p> <p>Whole Grain Apple Cinnamon Bread Applesauce Fruit Choice Milk Choice</p>	<p>20</p> <p>Low Fat Fruited Yogurt Whole Grain Granola Apple Slices Fruit Choice Milk Choice OR Hot Breakfast Choice</p>	<p>21</p> <p>Malt-O-Meal Honey Scooters Whole Grain Pretzel Goldfish Craisins Fruit Choice Milk Choice</p>

<p style="text-align: right;">24</p> <p>Whole Grain Rice Chex OR Rice Krispies Whole Grain All Sports Bites Craisins Fruit Choice Milk Choice</p>	<p style="text-align: right;">25</p> <p>Whole Grain Cinnamon Roll Applesauce Fruit Choice Milk Choice OR Hot Breakfast Choice</p>	<p style="text-align: right;">26</p> <p>Elementary Schools: Fruit & Yogurt Smoothie Whole Grain Cinnamon Goldfish Grahams High Schools: Whole Grain Blueberry Bread, Applesauce Fruit Choice Milk Choice</p>	<p style="text-align: right;">27</p> <p>Whole Grain Reduced Sugar Cinnamon Toast Crunch Whole Grain Elf Grahams Craisins Fruit Choice Milk Choice OR Hot Breakfast Choice</p>	<p style="text-align: right;">28</p> <p>Whole Grain Banana Bread 100% Fruit Juice Fruit Choice Milk Choice</p>
<p style="text-align: right;">31</p> <p>Whole Grain Muffin Low Fat Cheese Stick 100% Fruit Juice Fruit Choice Milk Choice</p>	<p>Breakfast is offered EVERY morning in EVERY School!</p> <p>Eating a nutritious breakfast helps you fuel up for success in the classroom and beyond!</p>			



We serve reduced sugar and whole grains every day!
All juices are 100% fruit juice with no added sugar!
Every Breakfast comes with your choice of milk and fruit!



This Is An Equal Opportunity Institution

Although we make every effort to serve menus as planned, this menu may change without notice.