



October Breakfast Menu

Elementary & Middle School

Mon	Tue	Wed	Thu	Fri
Milk Choices include: non fat chocolate or 1% white All cereals are Whole Grain This institution is an equal opportunity pro- vider	Monthly– Oct. Full Price- \$45.10 Reduced- \$8.80 Daily- \$2.05 Reduced-\$0.40	1 Apple Donut Assorted Cereals Fruit Choice Fruit Juice Choice Milk Choice	2 Cinnamon Toast Assorted Cereals Fruit Choice Fruit Juice Choice Milk Choice	3 Waffles Assorted Cereals Fruit Choice Fruit Juice Choice Milk Choice
6 Pop Tart Assorted Cereals Fruit Choice Fruit Juice Choice Milk Choice	7 Yogurt Parfait Assorted Cereals Fruit Choice Fruit Juice Choice Milk Choice	8 Cinnamon Roll Assorted Cereals Fruit Choice Fruit Juice Choice Milk Choice	9 Pancakes Assorted Cereals Fruit Choice Fruit Juice Choice Milk Choice	10 Nutri Grain Bar Fruit Choice Fruit Juice Choice Milk Choice
13 Hard Boiled Egg Assorted Cereals Fruit Choice Fruit Juice Choice Milk Choice	14 Frudel Strudel Assorted Cereals Fruit Choice Fruit Juice Choice Milk Choice	15 Muffin Assorted Cereals Fruit Choice Fruit Juice Choice Milk Choice	16 Mini Long John Assorted Cereals Fruit Choice Fruit Juice Choice Milk Choice	17 Bagel w/ Peanut Butter or Jelly Assorted Cereals Fruit Choice Fruit Juice Choice Milk Choice
20 Cheese Omelet Assorted Cereals Fruit Choice Fruit Juice Choice Milk Choice	21 Muffin Assorted Cereals Fruit Choice Fruit Juice Choice Milk Choice	22 Mini Donuts Assorted Cereals Fruit Choice Fruit Juice Choice Milk Choice	23 Banana Bread Slice Assorted Cereals Fruit Choice Fruit Juice Choice Milk Choice	24 End of 1st Quarter Teacher In-Service No Classes
27 Pop Tart Assorted Cereals Fruit Choice Fruit Juice Choice Milk Choice	28 French Toast Sticks Assorted Cereals Fruit Choice Fruit Juice Choice Milk Choice	29 Apple Donut Assorted Cereals Fruit Choice Fruit Juice Choice Milk Choice	30 Cinnamon Roll Assorted Cereals Fruit Choice Fruit Juice Choice Milk Choice	31 Nutri Grain Bar Assorted Cereals Fruit Choice Fruit Juice Choice Milk Choice