

# October Breakfast



SERVED WITH CHOICE



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cinnamon Bagel ^+ 3 oz G Seasonal Fresh Fruit 1/2 cup F Milk@
4 Ch Chip Breakfast Bar ^+@% 2 oz G Seasonal Fresh Fruit 1/2 cup F Milk @	5 Cereal w/String Cheese ^+@ 1 oz G 1 oz M Seasonal Fresh Fruit 1/2 cup F Milk @	6 Bagel ^+2 oz G Cream Cheese @ .5oz M Seasonal Fresh Fruit 1/2 cup F Milk @	7 Breakfast Apple Bar @\$^+ 2oz G Seasonal Fresh Fruit 1/2 cup F Milk @	8 Muffin Top ^+ 2oz G Seasonal Fresh Fruit 1/2 cup F Milk @
11 Apple Cinnamon Mini Muffin ^+% 2oz G Yogurt @ 4 oz M Seasonal Fresh Fruit 1/2 cup F Milk @	12 Cereal w/String Cheese ^+@ 1 oz G 1 oz M Seasonal Fresh Fruit 1/2 cup F Milk @	13 Granola Bar ^+ 1oz G Yogurt @ 4 oz M Seasonal Fresh Fruit 1/2 cup F Milk @	14 Pillsbury Cinnis @^+ 2 oz G Seasonal Fresh Fruit 1/2 cup F Milk@	15 Ch Chip Breakfast Bar ^+@% 2 oz G Seasonal Fresh Fruit 1/2 cup F Milk @
18 Bagel ^+2 oz G Cream Cheese @ .5oz M Seasonal Fresh Fruit 1/2 cup F Milk @	19 Cereal w/String Cheese ^+@ 1 oz G 1 oz M Seasonal Fresh Fruit 1/2 cup F Milk @	20 Apple Cinnamon Mini Muffin ^+ 2oz G Yogurt @ 4 oz M Seasonal Fresh Fruit 1/2 cup F Milk @	21 Muffin Top ^+ 2oz G Seasonal Fresh Fruit 1/2 cup F Milk @	22 Granola Bar ^+ 1oz G Yogurt @ 4 oz M Seasonal Fresh Fruit 1/2 cup F Milk @
25 Ch Chip Breakfast Bar 2 oz G Seasonal Fresh Fruit 1/2 cup F Milk @	26 Cereal w/String Cheese ^+@ 1 oz G 1 oz M Seasonal Fresh Fruit 1/2 cup F Milk @	27 Cinnamon Bagel ^+3 oz G Seasonal Fresh Fruit 1/2 cup F Milk@	28 Breakfast Bun ^+\$\$% 2.5 oz G Seasonal Fresh Fruit 1/2 cup F Milk@	29 Cinnamon Bagel ^+ 3 oz G Seasonal Fresh Fruit 1/2 cup F Milk@

ALL GRAINS ARE WHOLE  
GRAIN RICH

**Peanuts!!**  
 Pork\*      Beef#  
 Whey=      Soy\$  
 Corn>      Wheat+  
 Milk@      Gluten^  
 Eggs%      Fish~