

October



K-8 Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
5 WG Maple Waffles Fresh Picked Fruit 100% Fruit Juice 1% Wht & FF Choc Milk	6 Egg, Cheese, Sausage English Muffin Fresh Picked Fruit 100% Fruit Juice 1% Wht & FF Choc Milk	7 Whole Grain Fudge Pop Tart w. String Cheese Fresh Picked Fruit 100% Fruit Juice 1% Wht & FF Choc Milk	1 WG Choco Chip Waffle Snaps Fresh Picked Fruit 100% Fruit Juice 1% Wht & FF Choc Milk	2 Egg & Cheese Breakfast Sandwich Fresh Picked Fruit 100% Fruit Juice 1% Wht & FF Choc Milk
12 WG Mini Cinni Fresh Picked Fruit 100% Fruit Juice 1% Wht & FF Choc Milk	13 WG Campfire Smore Bar & String Cheese Fresh Picked Fruit 100% Fruit Juice 1% Wht & FF Choc Milk	14 Whole Apple Cider Donut Fresh Picked Fruit 100% Fruit Juice 1% Wht & FF Choc Milk	15 WG Maple Pancakes Fresh Picked Fruit 100% Fruit Juice 1% Wht & FF Choc Milk	16 No School Staff PD Day
19 Cinnamon Roll Fresh Picked Fruit 100% Fruit Juice 1% Wht & FF Choc Milk	20 Whole Grain Breakfast Bar Fresh Picked Fruit 100% Fruit Juice 1% Wht & FF Choc Milk	21 Whole Grain Strawberry Pop Tart w. String Cheese Fresh Picked Fruit 100% Fruit Juice 1% Wht & FF Choc Milk	22 Apple Cinnamon Muffin & Cracker Fresh Picked Fruit 100% Fruit Juice 1% Wht & FF Choc Milk	23 1% Wht & FF Choc MilkWG French Toast Sticks Fresh Picked Fruit 100% Fruit Juice
26 No School Fall Break	27 No School Fall Break	28 No School Fall Break	29 No School Fall Break	30 No School Fall Break

Daily
Rotating
Cereals w.
Graham.
Cracker:

Monday
Cocoa Puffs

Tuesday
Lucky
Charms

Wednesday
Apple Jacks

Thursday
Cheerios

Friday
Trix

All cereals are
Whole Grain &
Reduced Sugar

Served Daily
Fresh Seasonal
Fruits &
Vegetables

Daily Milk
Choices:
Milk: 1% Milk
and
FF Choc Milk



All Juice is
100% Fruit



Menus are Subject to Change
Supply Chain Shortages May Cause
Menu Changes.

Thank You for Your
Understanding

This institution is an equal opportunity provider.