



OCTOBER 2023 BREAKFAST MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>Milk: White 1% Chocolate 1%</p> <p>Students must take 3 out of 4 food items which must include a serving of fruit or juice.</p> <p>Asst Cereal each day along with choices of grains and fruit or fruit juice, Includes 1 milk</p> <p>Student Breakfast \$1.50</p> <p>Adult Breakfast \$1.50 Reduced 30 cents</p>  <p>Menu subject to change Without notice</p>	2	3	4	5	6	
	Cereal Pop-Tarts Juice/Fruit Milk	Cereal Bagel & Cream Cheese Juice/Fruit Milk	Cereal Oatmeal Bars Juice/Fruit Milk	Cereal Donuts Juice/Fruit Milk	Cereal Nutrigrain Bar Yogurt / Granola Juice/Fruit Milk	
	<p style="text-align: center;">COLUMBUS DAY NO SCHOOL</p>	9	10	11	12	13
	Cereal Cereal Bars Juice/Fruit Milk	Cereal Frudels Juice/Fruit Milk	Cereal Pop-Tarts Juice/Fruit Milk	Cereal Muffin Yogurt Juice/Fruit Milk		
	16	17	18	19	20	
Cereal Honey Bun Juice/Fruit Milk	Cereal Oatmeal Bars Juice/Fruit Milk	Cereal Pop-Tarts Juice/Fruit Milk	Cereal Pancake Bowl Juice/Fruit Milk	<p>PARENT TEACHER CONFERENCES NO SCHOOL</p>		
23	24	25	26	27		
Cereal Cereal Bars Juice/Fruit Milk	Cereal Donuts Juice/Fruit Milk	Cereal Frudels Juice/Fruit Milk	Cereal Bagle & Cream Cheese Juice/Fruit Milk	Cereal Nutrigrain Bar Yogurt / Granola Juice/Fruit Milk		
30	31					
Cereal Muffin Juice/Fruit Milk	Cereal Honey Bun Juice/Fruit Milk					