

## October School Breakfast Menu

## Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
	Whole Grain Cereal, Fruit, 100% Fruit Juice	WG Mini Bagel w/Strawberry Creamy Cheese, Fruit, 100% Fruit Juice 2	Whole Grain Blueberry Muffin, Fruit, 100% Fruit Juice	Whole Grain Cinnamon Raisin Bagel, Cream Cheese, Fruit, 100% Fruit Juice 4
Whole Grain Cereal, Fruit, 100% Fruit Juice	WG Strawberry Cherrio Cereal Bar, Fruit, 100% Fruit Juice	Whole Grain Croissant w/Jelly, Fruit, 100% Fruit Juice 9	Whole Grain Honey Oat Bagel, Cream Cheese, Fruit , 100% Fruit Juice 10	Whole Grain Mini Waffles, Fruit , 100% Fruit Juice 11
WG Cocoa Puffs Cereal Bar, Fruit, 100% Fruit Juice 14	Whole Grain Cereal, Fruit, 100% Fruit Juice	WG Mini Bagel w/Cinnamon Cream Cheese, Fruit, 100% Fruit Juice 16	Whole Grain Apple Muffin, Fruit, 100% Fruit Juice <b>17</b>	Whol Grain Blueberry Bagel, Cream Cheese, Fruit, 100% Fruit Juice 18
Whole Grain Cereal, Fruit, 100% Fruit Juice	WG Cinnamon Toast Crunch Cereal Bar, Fruit, 100% Fruit Juice <b>22</b>	Whole Grain Blueberry Muffin, Fruit, 100% Fruit Juice 23	Whole Grain Croissant w/Jelly, Fruit, 100% Fruit Juice 24	WG Mini Bagel w/Strawberry Cream Cheese, Fruit, 100% Fruit Juice 25
WG Strawberry Cheerio Bar, Fruit, 100% Fruit Juice 28	Whole Grain Cereal, Fruit, 100% Fruit Juice	Whole Grain Cinnamon Raisin Bagel, Cream Cheese, Fruit, 100% Fruit Juice <b>30</b>	Whole Grain Banana Muffin, Fruit, 100% Fruit Juice <b>31</b>	

City Fresh Foods | P.O. Box 255698 | Dorchester, MA 02125 Menu subject to change This institution is an equal opportunity provider Phone 617-606-7123 | Fax 617-606-7126 |