



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	Whole Grain Blueberry Muffin, Fruit, 100% Fruit Juice	Whole Grain Cinnamon Raisin Bagel, Cream Cheese, Fruit, 100% Fruit Juice
	1	2	3	4
Whole Grain Cereal, Fruit, 100% Fruit Juice	WG Strawberry Cherro Cereal Bar, Fruit, 100% Fruit Juice	Whole Grain Croissant w/Jelly, Fruit, 100% Fruit Juice	Whole Grain Honey Oat Bagel, Cream Cheese, Fruit, 100% Fruit Juice	Whole Grain Mini Waffles, Fruit, 100% Fruit Juice
7	8	9	10	11
WG Cocoa Puffs Cereal Bar, Fruit, 100% Fruit Juice	Whole Grain Cereal, Fruit, 100% Fruit Juice	WG Mini Bagel w/Cinnamon Cream Cheese, Fruit, 100% Fruit Juice	Whole Grain Apple Muffin, Fruit, 100% Fruit Juice	Whole Grain Blueberry Bagel, Cream Cheese, Fruit, 100% Fruit Juice
14	15	16	17	18
Whole Grain Cereal, Fruit, 100% Fruit Juice	WG Cinnamon Toast Crunch Cereal Bar, Fruit, 100% Fruit Juice	Whole Grain Blueberry Muffin, Fruit, 100% Fruit Juice	Whole Grain Croissant w/Jelly, Fruit, 100% Fruit Juice	WG Mini Bagel w/Strawberry Cream Cheese, Fruit, 100% Fruit Juice
21	22	23	24	25
WG Strawberry Cheerio Bar, Fruit, 100% Fruit Juice	Whole Grain Cereal, Fruit, 100% Fruit Juice	Whole Grain Cinnamon Raisin Bagel, Cream Cheese, Fruit, 100% Fruit Juice	Whole Grain Banana Muffin, Fruit, 100% Fruit Juice	
28	29	30	31	