

Breakfast Pre-K

OCTOBER 2023

MON	TUE	WED	THU	FRI
2 Multi-Grain Frosted Flakes w/ 100% Grape Juice	3 Yogurt w/ Fresh Apple Slices	4 Honey Cheerios w/ Mixed Fruit Cup	5 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice	6 Banana Muffin w/ 100% Fruit Juice
9	10 Multi-Grain Cheerios w/ 100% Orange Juice	11 Corn Muffin w/ Fresh Apple Slices	12 Yogurt w/ 100% Orange Juice	13 Cheerios w/ 100% Grape Juice
16 Multi-Grain Flakes w/ 100% Grape Juice	17 Yogurt w/ Fresh Apple Slices	18 Rice Chex w/ 100% Apple Juice	19 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice	20 Banana Muffin w/ Diced Peaches
23 Blueberry Muffin w/ 100% Fruit Juice	24 Multi-Grain Cinnamon Flakes w/ Diced Peaches	25 Multi-Grain Cheerios w/ Fresh Apple Slices	26 Yogurt w/ 100% Orange Juice	27 Cheerios w/ 100% Grape Juice
30 Multi-Grain Frosted Flakes w/ 100% Grape Juice	31 Yogurt w/ Fresh Apple Slices			

DID YOU KNOW...

- ✓ All grain products are wholegrain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Breakfast Milk Choices

- 1% Unflavored Milk
- Skim Unflavored Milk

Please Note

- Locally Grown Component Served Daily
- Menu is subject to change
- Vegetarian Meal Options are indicated with a "V"



Breakfast K-8

OCTOBER 2023

MON	TUE	WED	THU	FRI
2 Multi-Grain Cheerios Graham Crackers Raisins & Applesauce	3 Strawberry Yogurt w/ Graham Crackers Pancakes w/ Syrup Apple Slices & Diced Pineapple	4 Cinnamon Raisin Bagel w/ Butter French Toast w/ Syrup Diced Peaches & 100% Grape Juice	5 Honey Cheerios w/ Graham Crackers Cinnamon Bun Apple Slices & 100% Orange Juice	6 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice
9	10 Cinnamon Crisp Bar Raisins & 100% Grape Juice	11 Cinnamon Flakes w/ Graham Crackers Apple Frudel Diced Peaches & 100% Grape Juice	12 Plain Bagel w/ Cream Cheese Waffles w/ Syrup Apple Slices & 100% Orange Juice	13 Blueberry Muffin Fresh Orange & 100% Pineapple Juice
16 Banana Muffin Raisins & Applesauce	17 Strawberry Yogurt w/ Graham Crackers Apple Frudel Apple Slices & Diced Pineapple	18 Frosted Flakes w/ Graham Crackers Waffle w/ Syrup Diced Peaches & 100% Grape Juice	19 Cinnamon Toast Crunch w/Graham Crackers Pancakes w/ Syrup Apple Slices & 100% Orange Juice	20 Cinnamon Crisp Bar Raisins & 100% Grape Juice
23 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice	24 Strawberry Yogurt w/ Graham Crackers NEW! Breakfast Pizza Apple Slices & Diced Pineapple	25 Honey Cheerios w/ Graham Crackers French Toast w/ Syrup Diced Peaches & 100% Grape Juice	26 Plain Bagel w/ Cream Cheese Cinnamon Bun Apple Slices & 100% Orange Juice	27 Multi-Grain Cinnamon Flakes Graham Crackers Raisins & 100% Grape Juice
30 Multi-Grain Cheerios Graham Crackers Raisins & Applesauce	31 Strawberry Yogurt w/ Graham Crackers Pancakes w/ Syrup Apple Slices & Diced Pineapple			

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