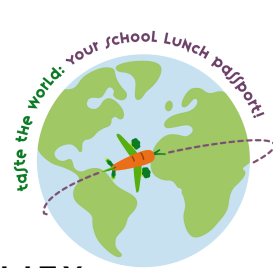


OCTOBER BREAKFAST



* MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

All meals are served with fruit and
a choice of milk

*All grains are whole grains

* This institution is an
equal opportunity provider



1

*Chocolate
Waffles
or *Cereal
Bowl
(Fruit Loops)

2



3

*Bagel Dots
or *Cereal
Bowl
(Cinnamon Toast
Crunch)

6

*Chocolate Chip
Muffin or
*Cereal Bowl
(Cinnamon Toast
Crunch)

7



8



9

*Mantecada
Muffin
or
*Zucchini Bread

10

*Cinnatwin
or
*Cereal bowl
(Fruit Loops)

13

*Low-fat
Yogurt and
Granola or
*Cereal Bowl
(Cheerios)

14

*Fun and Fruity
Waffles
or
*Apple Top
Muffin

15

*WOWbutter and
Jam uncrustable or
*Cereal Bowl
(Cocoa Puffs)

16

*Cinnamon
Crumble
Cake or
*Blueberry
Muffin



17

*Mini pancakes
or
*Cereal Bowl
(TRIX)

20

*Cereal Bowl
(Cinnamon
Toast Crunch)
or
*Cereal Bar

21

*Mocha
Crumble
Cake or
*Sunrise
Muffin

22

*Pan
Dulce (Pink)
or *Cereal
Bowl
(Corn Flakes)

23

*Chocolate
Chip Muffin
or *Zucchini
Bread

24

*French Toast
sticks or
*Cereal bowl
(Fruit Loops)

27

*Double
Chocolate Muffin
or *Cereal bowl
(Cheerios)

28

*Pan Dulce
(Vanilla)
or *Apple top
Muffin

29

*Sweet Potato
Chocolate chip
Muffin top or
*Cereal Bowl
(Cocoa Puffs)

30

*Fun and Fruity
Waffles
or
*Sunrise
Muffin

31

*Beef sausage
and Pancake
Breakfast
sandwich or
*Cereal Bowl
(TRIX)

