



October 2022 Breakfast K-6

All bread and grain items are Whole Grain Rich

All breakfast items come with 1/2 cup of fruit and milk.

Monday		Tuesday		Wednesday		Thursday		Friday	
3	CEREAL & CHEESE STICK	4	BAGELS WITH CREAM CHEESE	5	BELGIAN WAFFLE SYRUP CUP	6	☂️ WARM CROISSANT HAMAND CHEESE SANDWICH	7	🌱 YOGURT PARFAIT
10	☂️ SUNRISE SANDWICH	11	BREAKFAST TORNADO	12	CEREAL & GRAHAM	13	CHORIZO SUNRISE STICK	14	🌱 MINI CINNIS
17	FRESH BAKED CINNAMON ROLL	18	🌱 BREAKFAST PIZZA	19	🌱 APPLE FRUDEL	20	🌱 PANCAKE SANDWICH	21	GLAZED DONUT
24	☂️ SAUSAGE ON A STICK SYRUP CUP	25	HONEY GRAHAM CEREAL	26	🌱 BENE FIT BAR	27	BREAKFAST POCKET	28	FRENCH TOAST STICKS SYRUP CUP
31	CEREAL & CHEESE STICK	<p>Menu Subject to Change "This institution is an equal opportunity provider."</p>							

What makes a Great Breakfast
Select at least 3 items!

One must be a **Fruit Juice** AND/OR **Fruit**

