


# OCTOBER

## Breakfast Menu

MON	TUES	WEDS	THURS	FRI
	1 WG Blueberry Muffin	2 WG French Toast	3 Apple Frudel	4 Yogurt Cups w/Fruit
7 WG Chocolate Muffin	8 Bean and Cheese Burritos	9 WG Grilled Cheese Sandwich	10 Bagels w/Cream Cheese	11 WG Waffles
14 WG Blueberry Muffin	15 Cheese Tamales	16 Bagel Sandwich Turkey and Cheese	17 WG Conchas	18 Ham/Swiss Croissant
21 No School	22 WG Coffee Cake	23 WG French Toast	24 WG Biscuit w/Sausage	25 Yogurt Parfait
28 Mini Pancakes	29 Bean and Cheese Burritos	30 WG Grilled Cheese Sandwich	31 WG Pumpkin Muffin	

## Spooky Notes

Breakfast • Each student must get 3 food items • And one item must be a full serving of fruit or vegetable • Everyday there will be a choice of cereal and whole grain crackers + fruit or juice + Milk (FF or 1% or Chocolate) • Menu shows main entrée. There will be cereal, and crackers offered daily

This institution is an equal opportunity provider