


October 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Bagel w/ cream cheese or Cereal Milk Juice Fruit	2 Yogurt and Cereal Milk Juice Fruit	3
4	5 Chocolate Chip Oatmeal Bar & Cereal Milk Juice Fruit	6 Cheese Omelette w/Toast or Cereal Milk Juice Fruit	7 Mini Cinnamon rolls or Cereal Milk Juice Fruit	8 Blueberry Muffin or Cereal Milk Juice Fruit	9 Mini Waffles or Cereal Milk Juice Fruit	10
11	12 NO SCHOOL COLUMBUS DAY 	13 Breakfast Pizza or Cereal Milk Juice Fruit	14 Poptart and Cereal Milk Juice Fruit	15 Bagel with cream cheese or Cereal Milk Juice Fruit	16 Mini Pancakes or Cereal Milk Juice Fruit	17
18	19 Egg Patty with cheese & Cereal Milk Juice Fruit	20 Chocolate Chip Oatmeal Bar & Cereal Milk Juice Fruit	21 Yogurt and Cereal Milk Juice Fruit	22 Homemade Muffin & Cereal Milk Juice Fruit	23 Mini French Toast or Cereal Milk Juice Fruit	24
25	26 Breakfast Sandwich or Cereal Milk Juice Fruit	27 Mini Cinnamon rolls or Cereal Milk Juice Fruit	28 Nutrigrain Bar & Cereal Milk Juice Fruit	29 Bagel with cream cheese or Cereal Milk Juice Fruit	30 Raspberry Cream Cheese Bar or Cereal Milk Juice Fruit	31
						Main Course: Choose 1 menu entree or cereal w/ whole grain ite. Fruit: choose up to 2 one cup fruits offered 100% juice offered Milk: choose 1