

## BARNARD BREAKFAST OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
			1  Cereal WG Pop Tart Fresh Apple Slices Chocolate Milk 1% White Milk 1% Apple Juice	2  Cereal Graham Crackers Orange Smiles Chocolate Milk 1% White Milk 1% Apple Juice
5  Cereal Biscuit Jelly Packet Fresh Apple Slices Chocolate Milk 1% White Milk 1% Apple Juice	6  Pancake on a Stick Syrup Orange Smiles Chocolate Milk 1% White Milk 1% Apple Juice	7  Cereal Whole Grain Toast Jelly Packet Red Grapes Chocolate Milk 1% White Milk 1% Apple Juice	8  Cinnamon Sugar Oatmeal WG Pop Tart Fresh Apple Slices Chocolate Milk 1% White Milk 1% Apple Juice	9  Trix Yogurt Graham Crackers Banana Chocolate Milk 1% White Milk 1% Apple Juice
12  Cereal Chocolate Elf Grahams Orange Smiles Chocolate Milk 1% White Milk 1% Apple Juice	13  Country Sausage Biscuit Chocolate Milk 1% Apple Wedges White Milk 1% Apple Juice	14  Cereal Whole Grain Toast Jelly Packet Red Grapes Chocolate Milk 1% White Milk 1% Apple Juice	15  NO SCHOOL !!	16  NO SCHOOL !!
19  Cereal WG Pop Tart Apple Wedges Chocolate Milk 1% White Milk 1% Apple Juice	20  Mini Cinnamon Rolls Applesauce Chocolate Milk 1% White Milk 1% Apple Juice	21  Cereal Whole Grain Toast Orange Smiles Chocolate Milk 1% White Milk 1% Apple Juice	22  WG Pancakes SYRUP Pineapple Chocolate Milk 1% White Milk 1% Apple Juice	23  Trix Yogurt Goldfish Graham Banana Chocolate Milk 1% White Milk 1% Apple Juice
26  Cereal Whole Grain Toast Apple Wedges Chocolate Milk 1% White Milk 1% Apple Juice	27  Breakfast Frudel Orange Smiles Chocolate Milk 1% White Milk 1% Apple Juice	28  Cereal Graham Crackers Applesauce Chocolate Milk 1% White Milk 1% Apple Juice	29  WG Pancakes SYRUP Banana Chocolate Milk 1% White Milk 1% Apple Juice	30  Cereal Graham Crackers Fresh Fruit Variety Chocolate Milk 1% White Milk 1% Apple Juice

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