

# Breakfast K-12

OCTOBER 2024

MON	TUE	WED	THU	FRI
	1 Strawberry Yogurt w/ Graham Crackers <b>or</b> Pancakes w/ Syrup <b>Fresh Apple &amp; Diced Pineapple</b>	2 Cinnamon Raisin Bagel w/ Butter <b>or</b> Apple Frudel  Diced Peaches & 100% Grape Juice	3 Honey Cheerios w/ Graham Crackers <b>or</b> French Toast w/ Syrup <b>Fresh Apple &amp; 100% Orange Juice</b>	4 Cherry Cocoa Bar  Fresh Pear & 100% Very Berry Juice
7 Cinnamon Crisp Bar  Raisins & 100% Grape Juice	8 Strawberry Yogurt w/ Graham Crackers (V) <b>or</b> Breakfast Pizza <b>Fresh Apple &amp; Diced Pineapple</b>	9 NEW Trix Cereal w/ Graham Crackers <b>or</b> Cinnamon Bun  Diced Peaches & 100% Grape Juice	10 Plain Bagel w/ Cream Cheese <b>or</b> Waffles w/ Syrup <b>Fresh Apple &amp; 100% Orange Juice</b>	11 Blueberry Muffin  Fresh Orange & 100% Very Berry Juice
14	15 Strawberry Yogurt w/ Graham Crackers <b>or</b> Apple Frudel <b>Fresh Apple &amp; Diced Pineapple</b>	16 Multi-Grain Frosted Flakes w/Graham Crackers <b>or</b> Cinnamon Butter Honey Biscuit  Diced Peaches & 100% Grape Juice	17 Cinnamon Toast Crunch w/Graham Crackers <b>or</b> Pancakes w/ Syrup <b>Fresh Apple &amp; 100% Orange Juice</b>	18 Cinnamon Crisp Bar  Raisins & 100% Grape Juice
21 Cherry Cocoa Bar  Fresh Pear & 100% Very Berry Juice	22 Strawberry Yogurt w/ Graham Crackers <b>or</b> Cinnamon Bun <b>Fresh Apple &amp; Diced Pineapple</b>	23 Honey Cheerios w/ Graham Crackers <b>or</b> NEW Dutch Waffles w/ Syrup  Diced Peaches & 100% Grape Juice	24 Plain Bagel w/ Cream Cheese (V) <b>or</b> Mini Sausage & Cheese Flatbread <b>Fresh Apple &amp; 100% Orange Juice</b>	25 NEW Trix Cereal w/ Graham Crackers  Diced Peaches & 100% Grape Juice
28 Multi-Grain Cheerios w/ Graham Crackers  Raisins & Applesauce	29 Strawberry Yogurt w/ Graham Crackers <b>or</b> Pancakes w/ Syrup <b>Fresh Apple &amp; Diced Pineapple</b>	30 Cinnamon Raisin Bagel w/ Butter <b>or</b> Apple Frudel  Diced Peaches & 100% Grape Juice	31 Honey Cheerios w/ Graham Crackers <b>or</b> French Toast w/ Syrup <b>Fresh Apple &amp; 100% Orange Juice</b>	

## DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

### Breakfast Milk Choices

1% Milk and Skim Milk

### Please Note

Locally grown component planned daily.

Menu is subject to change.

Vegetarian Meal Options are indicated with a "V"

