



All pasta, bread, & grains on this menu are whole wheat or whole grain

Breakfast: choice of 1% or fat-free milk; fruit available daily

OCTOBER

BREAKFAST MENU

2021

	Monday	Tuesday	Wednesday	Thursday	Friday
					CINNAMON TOAST CRUNCH Graham Crackers^ Fresh Apple Choice of Milk
	CINNAMON FROSTED FLAKES Strawberry Square Blended Fruit Juice^ Craisins Choice of Milk	FRUITY CHEERIOS Maple Breakfast Square Orange Tangerine Juice Diced Peaches Choice of Milk	6 CINNAMON TOAST CRUNCH Graham Crackers^ Fresh Apple Choice of Milk	7 RICE KRISPIES Cherry Bar Blended Fruit Juice^ Fresh Banana Choice of Milk	School Closed
>	HAPPY INDIGENOUS PEOPLE'S DAY	FROSTED MINI WHEATS Crispy Granola Bites Apple Juice^ Craisins Choice of Milk	CHEERIOS Maple Breakfast Square^ Fresh Apple Choice of Milk	TRIX Maple Breakfast Square Orange Tangerine Juice^ Fresh Banana Choice of Milk	CINNAMON TOAST CRUNCH Graham Crackers^ Fresh Apple Choice of Milk
	CINNAMON FROSTED FLAKES Strawberry Square Blended Fruit Juice^ Craisins Choice of Milk	FRUITY CHEERIOS Maple Breakfast Square Orange Tangerine Juice Diced Peaches Choice of Milk	CINNAMON TOAST CRUNCH Graham Crackers^ Fresh Apple Choice of Milk	RICE KRISPIES Cherry Bar Blended Fruit Juice^ Fresh Banana Choice of Milk	FROSTED FLAKES Mixed Berry Animal Crackers^ Fresh Apple Choice of Milk
	25 FROSTED MINI WHEATS Crispy Granola Bites Apple Juice^ Craisins Choice of Milk	APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Blended Fruit Juice Diced Pears Choice of Milk	CHEERIOS Maple Breakfast Square^ Fresh Apple Choice of Milk	TRIX Maple Breakfast Square Orange Tangerine Juice^ Fresh Banana Choice of Milk	CINNAMON TOAST CRUNCH Graham Crackers^ Fresh Apple Choice of Milk