

October Breakfast Menu: WMS & CHS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Trix Apple Granola Bar Fresh Fruit Fruit Juice Milk	2 Blueberry Muffins Iced cinnamon bars Fresh fruit Fruit juice Milk	3 Lucky Charms Apple granola bar Fresh fruit Fruit juice Milk	4 Chocolate Muffin Apple granola bar Fresh fruit Fruit juice Milk	5 Cinnamon bagels Cinnamon Chex Fresh fruit Fruit juice Milk
8 Golden Graham Apple Granola bar Fresh fruit Fruit juice Milk	9 Oatmeal Kix Fresh Fruit Fruit Juice Milk	10 Apple Cinnamon Cheerios Iced cinnamon bar Fresh Fruit Fruit Juice Milk Early Release	11 Yogurt Apple granola bar Fresh fruit Fruit juice Milk	12 Eggo Mini French Toast Fresh Fruit Fruit Juice Milk
15 Lucky Charms Iced cinnamon bar Fresh fruit Fruit juice Milk	16 Yogurt Cinnamon Chex Fresh Fruit Fruit juice Milk	17 Chocolate Chip Muffin Kix Fresh Fruit Fruit Juice Milk	18 Cinnamon Toast Crunch Apple Granola bar Fresh Fruit Fruit Juice Milk	19 Apple Frudel Sticks Fresh Fruit Fruit Juice Milk
22 Yogurt Honey Nut Cheerios Fresh fruit Fruit juice Milk	23 Apple Jacks Apple granola bar Fresh Fruit Fruit juice Milk	24 Banana Loaf Rice Chex Fresh Fruit Fruit Juice Milk Early Release	25 Frosted Mini-Wheats Iced cinnamon bar Fresh Fruit Fruit juice Milk	26 Eggo Mini Pancakes Rice Krispies Fresh Fruit Fruit juice Milk
29 Trix Apple granola bar Fresh Fruit Fruit juice Milk	30 Golden Grahams Apple Granola Bar Fresh Fruit Fruit juice Milk	31 Chocolate Muffins Rice Krispies Fresh fruit Fruit juice Milk Happy Halloween	1 Cocoa Puffs Apple granola bar Fresh fruit Fruit juice Milk	2 Cinnamon Rolls Fresh fruit Fruit juice Milk
	Menu subject to change	Milk Choices - Fat Free White or 1% White		

This institution is an equal opportunity provider.