

October 2018 Breakfast Menu : Horizons

1		2	3	4	5
Trix Apple granola bar Fresh fruit Fruit juice Milk		Lucky Charms Iced cinnamon bar Fresh fruit Fruit juice Milk	Eggs Whole grain toast Fresh fruit Fruit juice Milk	Cocoa puffs Apple granola bar Fresh fruit Fruit juice Milk	Mini Cinnamon Bagels Fresh fruit Fruit juice Milk
8	9	10	11	12	
Yogurt Blueberry loaf Fresh fruit Fruit juice Milk	Pancakes Iced cinnamon bar Fresh fruit Fruit juice Milk	Banana loaf Cinnamon Chex Fresh fruit Fruit juice Milk Early Release	Golden Grahams Apple granola bar Fresh fruit Fruit juice Milk	Mini French Toast Sausage Fresh fruit Fruit juice Milk	
15	16	17	18	19	
Lucky Charms Iced cinnamon bar Fresh fruit Fruit juice Milk	Yogurt parfaits Apple granola bar Fresh fruit Fruit juice Milk	Chocolate chip muffins Kix Fresh fruit Fruit juice Milk	Cinnamon Toast Crunch Apple granola bar Fresh fruit Fruit juice Milk	Apple Frudel Fresh fruit Fruit juice Milk	
22	23	24	25	26	
Yogurt Honey Nut Cheerios Fresh fruit Fruit juice Milk	Chocolate Muffins Fresh fruit Fruit juice Milk	Banana loaf Rice Chex Fresh fruit Fruit juice Milk	Frosted Mini Wheats Iced cinnamon bar Fresh fruit Fruit juice Milk	Pancakes Fresh fruit Fruit juice Milk	
29	30	31	1	2	
Trix Apple granola bar Fresh fruit Fruit juice Milk	Mini Waffles Fresh fruit Fruit juice Milk	Chocolate Muffins Rice Krispies Fresh fruit Fruit juice Milk	Cocoa Puffs Apple granola bar Fresh fruit Fruit juice Milk	Cinnamon Rolls Fresh fruit Fruit juice Milk	

Milk Choice: 1% White or Fat Free White

Early Release 10/10 & 10/24

Menu is subject to change

The institution is an equal opportunity provider.