



October 2023 Elementary Breakfast Menu

*Milk Variety Include: 1% White, Skim White,

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Monday	Tuesday	Wednesday	Thursday	Friday
2 Cereal OR Pop-tart <u>Sides:</u> Fruit Juice Raisins *Milk Variety	3 Cereal OR Honey Bun <u>Sides:</u> Fruit Juice Apple Wedges *Milk Variety	4 Cereal OR Muffin <u>Sides:</u> Fruit Juice Pineapple Tidbits *Milk Variety	5 Cereal OR Bagel <u>Sides:</u> Fruit Juice Craisins *Milk Variety	6 Cereal OR Donut <u>Sides:</u> Fruit Juice Applesauce *Milk Variety
9 In-Service Day 	10 Cereal OR Pop-Tart <u>Sides:</u> Fruit Juice Craisins *Milk Variety	11 Cereal OR Muffin <u>Sides:</u> Fruit Juice Pineapple Tidbits *Milk Variety	12 Cereal OR Banana Bread <u>Sides:</u> Fruit Juice Apple Wedges *Milk Variety	13 Cereal OR Donut <u>Sides:</u> Fruit Juice Applesauce *Milk Variety
16 Cereal AND/OR Pop-tart <u>Sides:</u> Fruit Juice Craisins *Milk Variety	17 Cereal OR Cinnamon Bun <u>Sides:</u> Fruit Juice Bananas *Milk Variety	18 Cereal OR Muffin <u>Sides:</u> Fruit Juice Mixed Fruit *Milk Variety	19 Cereal OR Bagel <u>Sides:</u> Fruit Juice Apple Wedges *Milk Variety	20 Cereal OR Donut <u>Sides:</u> Fruit Juice Applesauce *Milk Variety
25 Cereal AND/OR Pop-tart <u>Sides:</u> Fruit Juice Raisins *Milk Variety	26 Cereal AND/OR Raspberry Turnover <u>Sides:</u> Fruit Juice Bananas *Milk Variety	27 Cereal OR Muffin <u>Sides:</u> Fruit Juice Mixed Fruit *Milk Variety	28 Cereal OR Pumpkin Bread <u>Sides:</u> Fruit Juice Apple Wedges *Milk Variety	29 Cereal OR Donut <u>Sides:</u> Fruit Juice Applesauce *Milk Variety
30 Cereal AND/OR Pop-tart <u>Sides:</u> Fruit Juice Raisins *Milk Variety	31 Cereal AND/OR Apple Turnover <u>Sides:</u> Fruit Juice Bananas *Milk Variety			