

**EAT  
WELL**



**FEEL  
GREAT**

#eatwellk12



**Remote  
Learning  
Breakfast Menu**

**October 2020**

<b>4</b> Rice Krispies Cereal Apple 1% Milk	<b>5</b> Cinnamon Toast Crunch Cereal 100% Fruit Juice 1% Milk	<b>6</b> Banana Muffin Applesauce 1% Milk	<b>7</b> Frosted Corn Flakes Cereal 100% Orange Juice 1% Milk	<b>8</b> Ultimate Breakfast Round Apple 1% Milk	<b>9</b> Fruity Cheerios Cereal 100% Apple Juice 1% Milk	<b>10</b> Strawberry PopTart Banana 1% Milk
<b>11</b> Frosted Corn Flakes Cereal Apple 1% Milk	<b>12</b> Rice Krispies Cereal 100% Fruit Juice 1% Milk	<b>13</b> Blueberry Muffin Applesauce 1% Milk	<b>14</b> Cinnamon Frosted Flakes Cereal 100% Orange Juice 1% Milk	<b>15</b> Graham Crackers with Sun Butter Apple 1% Milk	<b>16</b> Apple Cinnamon Cheerios Cereal 100% Apple Juice 1% Milk	<b>17</b> Chocolate Chip Oat Bar Banana 1% Milk
<b>18</b> Fruity Cheerios Cereal Apple 1% Milk	<b>19</b> Frosted Corn Flakes Cereal 100% Fruit Juice 1% Milk	<b>20</b> Butterscotch Oat Bar Applesauce 1% Milk	<b>21</b> Trix Cereal 100% Orange Juice 1% Milk	<b>22</b> Apple Cinnamon Muffin Apple 1% Milk	<b>23</b> Golden Grahams Cereal 100% Apple Juice 1% Milk	<b>24</b> Fudge PopTart Banana 1% Milk
<b>25</b> Cinnamon Frosted Flakes Cereal Apple 1% Milk	<b>26</b> Apple Cinnamon Cheerios Cereal 100% Fruit Juice 1% Milk	<b>27</b> Graham Crackers with Sun Butter Applesauce 1% Milk	<b>28</b> Fruity Cheerios Cereal 100% Orange Juice 1% Milk	<b>29</b> Cinnamon PopTart Apple 1% Milk	<b>30</b> Frosted Corn Flakes Cereal 100% Apple Juice 1% Milk	<b>31</b> Butterscotch Oat Bar Banana 1% Milk