

OCTOBER | 2022

Southgate Elementary Breakfast Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p> <p>Cereal (2 Items) Trix Yogurt (1 Item) Applesauce (1 Item) Choice of Milk (1 Item)</p>	<p>4</p> <p>Nutri-Grain Bar (1 Item) Dick and Jane WG Crackers (1 Item) 100% Fruit Juice (1 Item) Milk (1 Item)</p>	<p>5</p> <p>Apple Cinnamon Benefit Bar (2 Items) Bug Bite Grahams (1 Item) Banana (1 Item) Milk (1 Item)</p>	<p>6</p> <p>Wild Berry Bread (2 Items) Cheese Stick (1 Item) Raisins (1 Item) Milk (1 Item)</p>	<p>7</p> <p>Chef's Choice (1-2 Items) Fruit OTD (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)</p>
<p>10</p> <p>Triple Berry Crunch Bar (2 Items) Cheese Stick (1 Item) Applesauce (1 Item) Choice of Milk (1 Item)</p>	<p>11</p> <p>Apple Cinnamon Muffin (1 Item) Scooby Grahams (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)</p>	<p>12</p> <p>WG Donut (2 Items) Keebler Chocolate Grahams (1 Item) Apple (1 Item) Choice of Milk (1 Item)</p>	<p>13</p> <p>Crunch Mania (2 Items) Go-Gurt (1 Item) Craisins (1 Item) Choice of Milk (1 Item)</p>	<p>14</p> <p>Chef's Choice (1-2 Items) Fruit OTD (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)</p>
<p>17</p> <p>Nutri-Grain Bar (1 Item) Dick and Jane WG Crackers (1 Item) Applesauce (1 Item) Choice of Milk (1 Item)</p>	<p>18</p> <p>Cereal (2 Items) Cheese Stick (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)</p>	<p>19</p> <p>WG Pop-Tart (1 Item) Trix Yogurt (1 Item) Banana (1 Item) Choice of Milk (1 Item)</p>	<p>20</p> <p>Chocolate Chip Oatmeal Bar (1 Item) Gripz Graham Bites (1 Item) Raisins (1 Item) Choice of Milk (1 Item)</p>	<p>21</p> <p>Chef's Choice (1-2 Items) Fruit OTD (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)</p>
<p>24</p> <p>Apple Cinnamon Muffin (1 Item) Keebler Grahams (1 Item) Applesauce (1 Item) Choice of Milk (1 Item)</p>	<p>25</p> <p>Banana Chocolate Chunk Benefit Bar (2 Items) Cheese Stick (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)</p>	<p>26</p> <p>Wild Berry Bread (2 Items) Go-Gurt (1 Item) Apple Slices (1 Item) Choice of Milk (1 Item)</p>	<p>27</p> <p>WG Cinnamon Raisin Bagel W Cream Cheese (2 Items) Emoji Grahams (1 Item) Craisins (1 Item) Choice of Milk (1 Item)</p>	<p>28</p> <p>Chef's Choice (1-2 Items) Fruit OTD (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)</p>
<p>31</p> <p>WG Pop-Tart (1 Item) Dick and Jane WG Crackers (1 Item) Applesauce (1 Item) Choice of Milk (1 Item)</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>

News

All Kids Eat Free!

Don't Forget:

Select at least three (3) Items. One of the Items MUST be a FRUIT!

*See the 'Item count' by each menu item listed.

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