



# Spaulding Breakfast Menu

October 2022

<b>3</b> Waffles Scooby Cinnamon Grahams w/ String Cheese	<b>4</b> French Toast Asst Cereal Bars w/ String Cheese	<b>5</b> Donuts Asst Cereal Bars w/ String Cheese	<b>6</b> Breakfast Sandwich Asst Muffin w/ String Cheese	<b>7</b> <b>No School</b>
<b>10</b> <b>No School</b>	<b>11</b> French Toast Asst Muffins w/ String Cheese	<b>12</b> Donuts Asst Cereal Bars w/ String Cheese	<b>13</b> Breakfast Sandwich Asst Muffin w/ String Cheese	<b>14</b> Pancakes Cinnamon or Strawberry Cream Cheese Bagel
<b>17</b> Waffles Scooby Cinnamon Grahams w/ String Cheese	<b>18</b> French Toast Asst Muffins w/ String Cheese	<b>19</b> Donuts Asst Cereal Bars w/ String Cheese	<b>20</b> Breakfast Sandwich Asst Muffin w/ String Cheese	<b>21</b> Pancakes Cinnamon or Strawberry Cream Cheese Bagel
<b>24</b> Waffles Scooby Cinnamon Grahams w/ String Cheese	<b>25</b> French Toast Asst Muffins w/ String Cheese	<b>26</b> Donuts Asst Cereal Bars w/ String Cheese	<b>27</b> Breakfast Sandwich Asst Muffin w/ String Cheese	<b>28</b> Pancakes Cinnamon or Strawberry Cream Cheese Bagel
<b>31</b> Waffles Scooby Cinnamon Grahams w/ String Cheese	<b>1</b> French Toast Asst Muffins w/ String Cheese	<b>2</b> Donuts Asst Cereal Bars w/ String Cheese	<b>3</b> Breakfast Sandwich Asst Muffin w/ String Cheese	<b>4</b> Pancakes Cinnamon or Strawberry Cream Cheese Bagel

Parents! Need Extra \$\$\$?  
Become a Food Service Sub!  
Contact Kathy Carney at 860-668-3802  
If your child receives free or reduce lunch then they also qualify for  
free or reduce breakfast  
**Breakfast includes entrée, fruit, juice and milk.**

**If your child receives free or reduce lunch,  
then they also qualify for free or reduce  
breakfast.**