

OCTOBER 2022

Lakewood City Schools

BREAKFAST



Nutrition Tip – Milk is great source of calcium which is important for supporting bone health



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Pillsbury Maple Waffles,
Pineapple Tidbits,
Milk

3

Assorted Breakfast
Cereal,
Orange Juice,
Milk

4

Nutri Grain Bar,
Peach Slices,
Milk

5

Assorted Breakfast
Cereal,
Orange Juice,
Milk

6

Nutri Grain Bar,
Applesauce,
Milk

7

Assorted Breakfast
Cereal,
Pineapple Tidbits,
Milk

10

Eggo Maple Mini
Pancakes,
Orange Juice,
Milk

11

Assorted Breakfast
Cereal,
Peach Slices,
Milk

12

Pillsbury French Toast,
Orange Juice,
Milk

13

NEOE Day
No school for all
students!

14

Safety & Security Day
No school for all
students!

17

Assorted Breakfast
Cereal,
Orange Juice,
Milk

18

Eggo Cinnamon Waffles,
Peach Slices,
Milk

19

Assorted Breakfast
Cereal,
Orange Juice,
Milk

20

Nutri Grain Bar,
Applesauce,
Milk

21

Assorted Breakfast
Cereal,
Pineapple Tidbits,
Milk

24

Pillsbury French Toast,
Orange Juice,
Milk

25

Rice Krispies Apple
Cinnamon Bar,
Peach Slices,
Milk

26

Eggo Blueberry Pancakes,
Orange Juice,
Milk

27

Assorted Breakfast Cereal,
Applesauce,
Milk

28

Pillsbury Maple Waffles,
Pineapple Tidbits,
Milk

31

