

\*\*\*MENU SUBJECT TO  
CHANGE\*\*\*

# OCTOBER 2023 MES Breakfast Menu

Student Meal \$1.75

Meal Includes:  
Entrée, Fruit of the Day, 100%  
Fruit Juice and White Milk

Monday

Whole Grain Strawberry  
Pop-Tart 36G **2**  
Graham Crackers 16G  
Fruit of the Day  
100% Fruit Juice  
White Milk

Tuesday

Whole Grain Banana  
Muffin 31G **3**  
Cheddar Goldfish 14G  
Fruit of the Day  
100% Fruit Juice  
White Milk

Wednesday

Whole Grain Chocolate  
Chip Waffle Snaps 40G **4**  
Cheese Stick 1G  
Fruit of the Day  
100% Fruit Juice  
White Milk

Thursday

Confetti Pancakes 36G **5**  
Cheese Stick 1G  
Fruit of the Day  
100% Fruit Juice  
White Milk

Friday

**NO SCHOOL  
TEACHER  
INSTITUTE DAY** **6**

**NO SCHOOL  
COLUMBUS  
DAY** **9**

Maple Pancakes 35G **10**  
Animal Crackers 22G  
Fruit of the Day  
100% Fruit Juice  
White Milk

Whole Grain  
Smores Bar 24G **11**  
Cheese Stick 1G  
Fruit of the Day  
100% Fruit Juice  
White Milk

Trix Cereal Cup 24G **12**  
Cheese Stick 1G  
Fruit of the Day  
100% Fruit Juice  
White Milk

Whole Grain Blueberry  
Muffin 27G **13**  
Graham Crackers 16G  
Fruit of the Day  
100% Fruit Juice  
White Milk

Whole Grain Apple  
Cinnamon Nutri-Grain Bar 30G **16**  
Cheese Stick 1G  
Fruit of the Day  
100% Fruit Juice  
White Milk

Whole Grain Chocolate  
Chip Breakfast Round 44G **17**  
Graham Crackers 16G  
Fruit of the Day  
100% Fruit Juice  
White Milk

Whole Grain  
Apple Berry Crisp Bar 41G **18**  
Cheddar Goldfish 14G  
Fruit of the Day  
100% Fruit Juice  
White Milk

Whole Grain Cinnamon  
Pop-Tart 37G **19**  
Animal Crackers 22G  
Fruit of the Day  
100% Fruit Juice  
White Milk

Pancake & Turkey Sausage  
On a Stick 17G **20**  
Cheese Stick 1G  
Fruit of the Day  
100% Fruit Juice  
White Milk

Raspberry Yogurt Cup 15G **23**  
Animal Crackers 22G  
Fruit of the Day  
100% Fruit Juice  
White Milk

Whole Grain Double  
Chocolate Muffin 27G **24**  
Cheese Stick 1G  
Fruit of the Day  
100% Fruit Juice  
White Milk

Chocolate Chip  
French Toast 37G **25**  
Graham Crackers 16G  
Fruit of the Day  
100% Fruit Juice  
White Milk

Lucky Charms  
Cereal Cup 23G **26**  
Cheese Stick 1G  
Fruit of the Day  
100% Fruit Juice  
White Milk

Whole Grain Apple  
Breakfast Square 30G **27**  
Cheddar Goldfish 14G  
Fruit of the Day  
100% Fruit Juice  
White Milk

Whole Grain Double  
Chocolate Oatmeal Square 24G **30**  
Graham Crackers 16G  
Fruit of the Day  
100% Fruit Juice  
White Milk

Whole Grain Blueberry  
Nutri-Grain Bar 30G **31**  
Cheese Stick 1G  
Fruit of the Day  
100% Fruit Juice  
White Milk

Questions contact the Food Service Director  
Cindy Day 630-747-1427

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