

# October Breakfast

**TRUE FOOD**  
MPS CULINARY & WELLNESS SERVICES

**WELLSTONE 2024**

This institution is an equal opportunity provider.  
[mps.schools.org/menus](https://mps.schools.org/menus)

**SELECTION  
OF FRUIT  
& MILK  
OFFERED  
DAILY**

<b>T 1</b> Blueberry Chex Cereal Meal	<b>W 2</b> Banana Bread Breakfast Meal	<b>T 3</b> <b>NO SCHOOL</b>	<b>F 4</b> Cinnamon Chex Cereal Meal
<b>M 7</b> French Toast Bread Meal	<b>T 8</b> Cocoa Cherry Breakfast Bar Meal	<b>W 9</b> Blueberry Chex Cereal Meal	<b>T 10</b> Banana Bread Breakfast Meal
<b>F 11</b> Blueberry Pomegranate Breakfast Bar Meal	<b>M 14</b> Cinnamon Chex Cereal Meal	<b>T 15</b> French Toast Bread Meal	<b>W 16</b> <b>NO SCHOOL</b>
<b>T 17</b> <b>NO SCHOOL</b>	<b>F 18</b> <b>NO SCHOOL</b>	<b>M 21</b> Blueberry Pomegranate Breakfast Bar Meal	<b>T 22</b> Cinnamon Chex Cereal Meal
<b>W 23</b> French Toast Bread Meal	<b>T 24</b> Cocoa Cherry Breakfast Bar Meal	<b>F 25</b> Blueberry Chex Cereal Meal	<b>M 28</b> Banana Bread Breakfast Meal
<b>T 29</b> Blueberry Pomegranate Breakfast Bar Meal	<b>W 30</b> Cinnamon Chex Cereal Meal	<b>T 31</b> French Toast Bread Meal	

*Know Your Food*  
 Farm to School

follow us at  
MPS True Food

Due to supply chain and distribution issues impacting our district and the world, our menu is subject to change. Keep this in mind when reviewing our printed and on-line menus. For the most up to date information, visit [cws.mpls.k12.mn.us](https://cws.mpls.k12.mn.us).