



October 2024 PAC SCHOOL

BREAKFAST MENU

If you have any questions, please contact **Shante** McClease @ 862-755-5386

	MON	TI	UES		WED		THURS		FRI
		Yogurt Chocolate Muffins Cereal Bar String Cheese		Cinnamon Cream Cheese Bagel Cereal Bar String Cheese		Mini Waffle Cereal Bar Strong Cheese		Oatmeal Chocolate Chip Benefit Bar Cereal Bar String Cheese	
	7		8		9		10		11
_	gel w/ Cream eese & Jelly		i Eggo ncake	E	gg & Cheese Biscuit		Strawberry Frudel		Chocolate Crescent

Cereal Bowl

Graham Cracker

All Lunches Must Include Choice of: Fruits and/or Vegetable And May Include: 1% Low-Fat Milk

NO **SCHOOL**

Cereal Bowl

Graham Cracker

14

21

Mini Cinnamon Roll Nutri Grain Bar String Cheese

15

Sausage, Egg & Apple Breakfast Cheese Bagel Rounds Nutri Grain Bar Nutri Grain Bar String Cheese String Cheese

16

23

Glaze Donut Nutri Grain Bar String Cheese

Cereal Bowl

Graham Cracker

18

25

Chicken &

Cereal Bar String Cheese

Waffle Maple Madness Cereal Bar String Cheese

Cereal Bowl

Graham Cracker

Yogurt Banana Muffin Cereal Bar String Cheese

Pancake Stick Cereal Bar String Cheese

Cereal Bowl

Graham Cracker

17

Cherry Frudel Cereal Bar String Cheese

Powering potential.

Blueberry Bagel w/ Cream Cheese & Jelly Cereal Bowl Graham Cracker

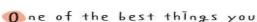
Biscuit

Sausage Links Waffle Cereal Bowl Graham Cracker

Glaze Donut Holes Cereal Bowl Graham Cracker

31 French Toast Sticks Sausage Patties Cereal Bowl Graham Cracker

Hello October



Can do for yourself is

Taking time to learn and grow.

Once you give yourself patience, you

Become your best friend. And the

Empathy, self-kindness and

Resilience are what you need to grow



