


OCTOBER BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
30	1	2	3	4
Cinnamon Crumble Froot Loops Cereal	Mantecada Muffin Froot Loops Cereal	Pancake Sausage Sandwich Cinnamon Chex Cereal	Blueberry Muffin Apple Jacks Cereal	Cinnamon Roll Froot Loops Cereal
7	8	9	10	11
Cinnamon Crumble Froot Loops Cereal	Bagel with Cream Cheese Pancakes w/ Syrup (V)	Egg Scramble w/ Potatoes Cheerios Cereal	Sunrise Muffin ←←← Seasonal Frosted Flakes Cereal	No School
14	15	16	17	18
No School	Vanilla Concha Cinnamon Chex Cereal w/ Honey Grahams Cheerios Cereal	Cinnamon Chex Cereal Pancake Sausage Sandwich	Chocolate Chip Muffin Top Apple Jacks Cereal	Cinnamon Roll Froot Loops Cereal
21	22	23	24	25
Cinnamon Crumble Froot Loops Cereal	Pancakes w/ Syrup (V) Yogurt Cup & Granola Cinnamon Chex Cereal	Cheerios Cereal Egg Scramble w/ Potatoes	Sunrise Muffin ←←← Seasonal Cinnamon Chex Cereal	Conchita & String Cheese Apple Jacks Cereal
28	29	30	31	1
French Toast w/ Syrup (V) Double Chocolate Muffin *Special National Chocolate Day Cheerios Cereal	Mantecada Muffin Froot Loops Cereal	Cinnamon Chex Cereal Pancake Sausage Sandwich	Orange Concha ←←← Seasonal Apple Jacks Cereal	

Breakfast Includes: Choice of 1% or Fat Free Milk
Fruit of the Day (V) Vegetarian
*Cereal Served w/ Honey Grahams

Featured Fruit: Whole Apples, Sliced Apples, Applesauce, Bananas, Oranges, Pears, Raisins, 100% Juice



RevUp Rewards:

Scan Our QR Code Daily
Complete the Survey
You're Entered to Win!
Drawings Monthly
Learn More and See Prizes:
www.revolutionfoods.com/revuprewards

