



Menu Name : Cologne Academy Breakfast Menu				
Grade Level / Age Group : K-8 Grades				
Meal Pattern : NSLP				
Meal : Breakfast				
OCTOBER - 2024				
Breakfast	Tuesday, October 1, 2024		Wednesday, October 2, 2024	
	Glazed Honey Breakfast Bun		Eggo Froot Loop Waffle	
	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)	
Thursday, October 3, 2024		Friday, October 4, 2024		
Lemon Poppyseed Breakfast Bread		Stuffed Cream Cheese Mini Bagels		
100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		
Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		
Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day.				
Breakfast	Monday, October 7, 2024		Tuesday, October 8, 2024	
	Cinnamon Toast Crunch Big Cereal Bowl (Low Sugar)		Banana Chocolate Chip Oatmeal Round	
	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)	
Wednesday, October 9, 2024		Thursday, October 10, 2024		
Orange Dream Muffin		Mini Cinnis		
100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		
Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		
Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day.				
Breakfast	Monday, October 14, 2024		Tuesday, October 15, 2024	
	Maple Snack'n Waffle		Assorted Big Cereal Bowl	
	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)	
Wednesday, October 16, 2024		Thursday, October 17, 2024		
No School		No School		
Friday, October 18, 2024		No School		
Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day.				
Breakfast	Monday, October 21, 2024		Tuesday, October 22, 2024	
	Cinnamon Chex Big Cereal Bowl		Chocolate Swirl	
	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)	
Wednesday, October 23, 2024		Thursday, October 24, 2024		
French Toast Breakfast Bread		Cake Glazed Donut		
100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		
Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		
Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day.				
Breakfast	Monday, October 28, 2024		Tuesday, October 29, 2024	
	WG Brekkie		Honey Cheerios Big Cereal Bowl	
	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)	
Wednesday, October 30, 2024		Thursday, October 31, 2024		
Banana Loaf		Choco Crisp Belgian Waffle		
100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		
Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		
Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day.				
Farm-To-School - What & Why?				
October is Farm-to-School Month in the U.S., a time for students to learn about locally grown and produced food items supplied by nearby farmers, producers and ranchers. Farm-to-school foods ensure the freshest foods in school meals and help support local economies.				

*** Three Items meet USDA requirements (One Item must be fruit).

Skim & 1% milk served daily.

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

This menu is 100% pork-free.

All rice dishes /rice products are made of whole grain brown rice.

NOVEMBER 2024 Menu (Subject to Change)						
Breakfast	<p>What is CKC Good Food's Role in supporting Farm Fresh Foods?</p> <p>CKC Good Food regularly features food items that are sourced from local food vendors. Some of the local and regional producers featured on our menus include Bushel Boy Farms (Owatonna, MN), Wescott Orchards (Elgin, MN) and Prairie Farms dairy farmers.</p>				<p>Friday, November 1, 2024</p> <p>Cinnamon Toast Crunch Muffin</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p> <p><i>Entrée is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée.</i></p>	Week IV
	Monday, November 4, 2024	Tuesday, November 5, 2024	Wednesday, November 6, 2024	Thursday, November 7, 2024	Friday, November 8, 2024	
Breakfast	<p>Trix Big Cereal Bowl</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Confetti Pancake Bites</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Banana Chocolate Chip Muffin</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Caramel Mini Cinnis</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Blueberry Snack'n Waffle</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	Week V
	<p><i>Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day.</i></p>					
Breakfast	<p>Monday, November 11, 2024</p> <p>Cocoa Puffs Big Cereal Bowl</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p> <p><i>Entrée is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée.</i></p>					Week VI