October 2026 - Swanson Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 **Strawberry Yogurt Cup** **Eggo Graham Crackers** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk	2 **NO SCHOOL** **Teacher Professional Development**
5 **Cinnamon Chex Cereal** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk	6 **WG Bagel w/ Cream Cheese** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk	7 **Cocoa Puffs Cereal** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk	8 **Strawberry Yogurt Cup** **Eggo Graham Crackers** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk	9 **Long John Donut w/ Icing & Sprinkles** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk
12 **Cinnamon Toast Crunch Cereal** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk	13 **WG Bagel w/ Cream Cheese** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk	14 **Frosted Mini Wheats Cereal** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk	15 **Strawberry Yogurt Cup** **Eggo Graham Crackers** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk	16 **UBR Bar** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk 1% or Skim White Milk
19 **Blueberry Chex Cereal** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk	20 **WG Bagel w/ Cream Cheese** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk	21 **Lucky Charms Cereal** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk	22 **Strawberry Yogurt Cup** **Eggo Graham Crackers** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk	23 **Dunkin' Donut Stix** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk
26 **Cinnamon Chex Cereal** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk	27 **WG Bagel w/ Cream Cheese** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk	28 **Cocoa Puffs Cereal** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk	29 **Strawberry Yogurt Cup** **Eggo Graham Crackers** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk	30 **Pumpkin Bread** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk

Child Nutrition Programs are available to all without regards to race, color, national origin, sex (including gender identity and sexual orientation), age, or disability.