



All breakfast meals are offered with nonfat chocolate or 1% white milk, and a ½ cup of fruit. Students must select a ½ cup of fruit with their meal. All grains are wholegrain rich.

OCTOBER

Elem. B.I.C. 1

5

Breakfast Cluster

Orange Slices
Wild Berry Juice

6

Egg Bites

Applesauce
Orange Juice

7

Double Chocolate Chip Bar

Apple Slices
Apple Juice

8

Maple Pancake & Chicken Sausage Sandwich

Banana
Wild Berry Juice

9

Banana Bread

Raisels
Orange Juice

12

NO SCHOOL

13

Cinnamon Roll

Craisins
Orange Juice

14

Yogurt & Granola

Apple Slices
Apple Juice

15

Breakfast Burrito

Banana
Wild Berry Juice

16

Wowbutter Sandwich

Raisels
Orange Juice

19

Cereal

Orange Slices
Wild Berry Juice

20

Breakfast Bowl

Applesauce
Orange Juice

21

Bagel Dots

Apple Slices
Apple Juice

22

Breakfast Sandwich

Banana
Wild Berry Juice

23

Concha

Raisels
Orange Juice

26

Breakfast Cluster

Orange Slices
Wild Berry Juice

27

Egg Bites

Applesauce
Orange Juice

28

Double Chocolate Chip Bar

Apple Slices
Apple Juice

29

Maple Pancake & Chicken Sausage Sandwich

Banana
Wild Berry Juice

30

Banana Bread

Raisels
Orange Juice

This institution is an equal opportunity provider.

