

OCTOBER BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Croissant w/ Grape Jelly Cinnamon Chex Cereal w/ Honey Grahams	Yogurt w/ Honey Grahams
5	6	7	8	9
Cinnamon Crumble	Bagel w/ Seedbutter Cocoa Orbits Bites (Chocolate Puffed Cereal)	Croissant w/ Grape Jelly Honey Bunches of Oats Cereal w/ Honey Grahams	Chocolate Chip Muffin Top CinniPuffs (Maple Cinnamon Puffed Cereal)	Yogurt w/ Honey Grahams Cinnamon Chex Cereal w/ Honey Grahams
12	13	14	15	16
		Banana Muffin	Berry Apple Zee Zee Bar	Strawberry Yogurt Parfait w/ Cinnamon Granola
19	20	21	22	23
Cinnamon Roll	Yogurt w/ String Cheese	Fruit & Yogurt Smoothie w/ Granola Honey Bunches of Oats Cereal w/ Honey Grahams	Yogurt w/ Honey Grahams	Blueberry Muffin
26	27	28	29	30
	Bagel w/ Seedbutter	Croissant w/ Grape Jelly Honey Bunches of Oats Cereal w/ Honey Grahams	Chocolate Chip Muffin Top	Yogurt w/ Honey Grahams

Breakfast Includes:	Featured Fruit:	RevUp Rewards:
Choice of 1% Low Fat White or Fat Free White Milk Fruit of the Day Vegetarian *Cereal Served w/ Honey Grahams *All Grains Are Whole Grain Rich	Banana (1/2 C), Pear (1/2 C), Apple Slices (1/2 C), Apple (1/2 C), 100% Fruit Juice 4 oz, Plum (1/2 C)	Scan Our QR Code Daily Complete the Survey You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards 