

Achiever's Early College Prep
Breakfast

October 1 - October 29

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Fresh Apple-1 W/G Fruit Loops Cereal-1 oz. W/G Maple Waffle Grahams-2 Milk-8 oz.
4 Mixed Fruit Cup-1/2 c. 100% Apple Juice-4 oz. W/G Superdonut-2 oz. Milk-8 oz.	5 Mandarin Orange Cup-1/2 c. 100% Grape Juice-4 oz. W/G Apple Breakfast Bar-1 W/G Cinn. Toasters Cereal-1 oz. Milk-8 oz.	6 Fresh Pear-1 Whole Wheat Bagel with Cream Cheese-1 oz. Milk-8 oz.	7 Fresh Apple-1 W/ Croissant with Margarine-2.2 oz. Milk-8 oz.	8 Fresh Orange-1 W/G Honey Scooters-1 oz. W/G Raspberry Muffin-2 oz. Milk-8 oz.
11 Fresh Apple-1 W/G Rice Chex Cereal-1 oz. W/G Graham Crackers-3 Milk-8 oz.	12 Applesauce Cup-1/2 c. 100% Fruit Punch-4 oz. W/G Alphabets Cereal-1 oz. Strawberry Breakfast Bar-1 Milk-8 oz.	13 Fresh Pear-1 W/G White Bagel with Cream Cheese-1 oz. Milk-8 oz.	14 Diced Peach Cup-1/2 c. 100% Apple Juice-4 oz. W/G Fruity Cheerios-1 oz. Milk-8 oz.	15 Fresh Orange-1 W/G Honey Graham Toasters Cereal-1 oz. Apple Breakfast Bar-1 Milk-8 oz.
18 Applesauce Cup-1/2 c. 100% Grape Juice-4 oz. Honey Scooters Cereal-1 oz. W/G Graham Crackers-3 Milk-8 oz.	19 Fresh Red Apple-1 W/G Lemon Muffin-2 oz. W/G Fruit Loops-1 oz. Milk-8 oz.	20 Fresh Orange-1 W/G Croissant with Margarine-2.2 oz. Milk-8 oz.	21 Fresh Pear-1 W/G Cinn. Toasters Cereal-1 oz. W/G Maple Waffle Grahams-2 Milk-8 oz.	22 Granny Smith Apple-1 W/G Superdonut-2 oz. Milk-8 oz.
25 Fresh Apple-1 W/G Trix Cereal-1 oz. Apple Breakfast Bar-1 Milk-8 oz.	26 Fresh Orange-1 W/G Corn Chex Cereal-1 oz. W/G Strawberry Muffin-2 oz. Milk-8 oz.	27 Fresh Pear-1 W/G Cinnamon Raisin Bagel with Cream Cheese-1 oz. Milk-8 oz.	28 Golden Delicious Apple-1 Strawberry Shredded Wheat Cereal-1 oz. W/G Vanilla Bear Grahams-2 Milk-8 oz.	29 Fresh Orange-1 W/G Honey Graham Toasters Cereal-1 oz. Apple Breakfast Bar-1 Milk-8 oz.