

October 2 - October 31

BREAKFAST

## What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Applesauce Cup-1/2 c. 100% Grape Juice - 4oz. Corn Flakes Cereal - 1oz. W/G Graham Crackers-1 Milk-8 oz.	3 Fresh Apple - 1 W/G Superdonut - 1 Milk-8 oz.	4 Fresh Orange-1 W/G Cinnamon Raisin Bagel w/ Cream Cheese - 1 Milk-8 oz.	5 Diced Pear Cup - 1/2c 100% Orange Juice - 4oz. W/G Honey Graham Toasters Cereal-1 oz. W/G Blueberry Muffin Flat-2oz Milk-8 oz.	6 Fresh Pear -1 W/G Strawberry Pop Tart-2pk Milk-8 oz.
9 Pineapple Cup - 1/2c 100% Apple Juice- 4oz.. W/G Special K Cereal-1oz. W/G Graham Crackers -1 Milk-8 oz.	10 Peach Applesauce Cup-1/2 c. 100% Fruit Punch-4 oz. W/G Corn Flakes Cereal - 1oz. W/G Vanilla Bear Grahams-1 Milk-8 oz.	11 Mandarin Orange Cup - 1/2c 100% OrangeTangerine Juice-4oz. W/G Apple Cinnamon Muffin Flat -3.1oz. Milk-8 oz.	12 Fresh Orange - 1 W/G Honey Scooters Cereal -1oz. W/G Chocolate Loaf - 2oz. Milk-8 oz.	13 Mixed Fruit Cup -1/2c 100% Grape Juice - 4oz. W/G Superdonut - 1 Milk-8 oz.
16 Fresh Apple-1 W/G Fruit Loops Cereal-1 oz. W/G Blueberry Muffin Flat - 2oz. Milk-8 oz.	17 Fresh Pear - 1 W/G Blueberry Pop Tart- 2pk Milk-8 oz.	18 Fresh Orange-1 W/G Cinnamon Raisin Bagel w/ Cream Cheese - 1 Milk-8 oz.	19 Diced Peach Cup - 1/2c 100% Strawberry Kiwi Juice-4oz. W/G Krispy Rice Cereal -1oz. W/G Corn Muffin- 2oz. Milk-8 oz.	20 Mixed Fruit Cup -1/2c 100% Apple Juice - 4oz. W/G Corn Chex Cereal -1oz. W/G Banana Muffin -2oz. Milk-8 oz.
23 Peach Applesauce Cup - 1/2c 100% Grape Juice - 4oz. W/G Corn Flakes Cereal -1pz. W/G Alphabet Snackable-1 Milk-8 oz.	24 Fresh Orange-1 W/G Apple Muffin Flat - 3.1oz. Milk-8 oz.	25 Mixed Fruit Cup - 1/2c. 100% Fruit Punch - 4oz. W/G White Bagel w/ Cream Cheese - 1 Milk-8 oz.	26 Fresh Apple -1 W/G Frosted Mini Wheat Cereal - 1oz. W/G Bran Muffin -2oz. Milk-8 oz.	27 Diced Pear Cup - 1/2c. 100% Strawberry Kiwi Juice -4oz. W/G Poffitz Pancakes-1
30 Diced Peach Cup - 1/2c 100% Apple Juice- 4oz.. W/G Krispy Rice Cereal-1oz. W/G Strwbrry Waffle Grahams-2 Milk-8 oz.	31 Fresh Apple - 1 W/G Frosted Mini Wheat Cereal-1oz. W/G Vanilla Bear Grahams-2 Milk-8 oz.			