

October 1 - October 31

**BREAKFAST**

*What's Cooking Today?*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Fresh Pear - 1 W/G Frosted Mini Wheats Cereal-1oz W/G Graham Crackers -1 Milk-8 oz.	2 Diced Peach Cup - 1/2c 100% Grape Juice - 4oz. W/G White Bagel with Cream Cheese - 1 Milk-8 oz.	3 Mixed Fruit Cup -1/2c Orange Tangerine Juice - 4oz. W/G Strawberry Poptarts - 2pk Milk-8 oz.	4 Fresh Pear -1 W/G Poffitz Pancakes-1 Milk-8 oz.
7 Pineapple Cup - 1/2c 100% Apple Juice- 4oz.. W/G Special K Cereal-1oz. W/G Graham Crackers -1 Milk-8 oz.	8 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.	9 Mandarin Orange Cup - 1/2c 100% OrangeTangerine Juice-4oz. W/G Corn Chex Cereal -1oz. W/G Apple Cinnamon Muffin-2oz Milk-8 oz.	10 Fresh Orange - 1 W/G Honey Scooters Cereal -1oz. W/G Chocolate Loaf - 2oz. Milk-8 oz.	11 Mixed Fruit Cup -1/2c 100% Grape Juice - 4oz. W/G Superdonut - 1 Milk-8 oz.
14 <b>SCHOOL CLOSED INDIGENOUS PEOPLE DAY</b>	15 Fresh Pear - 1 W/G Toasted Oats Cereal -1oz. W/G Chocolate Tiger Bites - 1 Milk-8 oz.	16 Fresh Orange-1 W/G Cinnamon Raisin Bagel w/ Cream Cheese - 1 Milk-8 oz.	17 Diced Peach Cup - 1/2c 100% Strawberry Kiwi Juice-4oz. W/G Krispy Rice Cereal -1oz. W/G Corn Muffin- 2oz. Milk-8 oz.	18 Mixed Fruit Cup -1/2c 100% Apple Juice - 4oz. W/G Corn Chex Cereal -1oz. W/G Banana Muffin -2oz. Milk-8 oz.
21 Peach Applesauce Cup - 1/2c 100% Grape Juice - 4oz. W/G Corn Flakes Cereal -1oz. W/G Scooby Snacks-1 Milk-8 oz.	22 Fresh Orange-1 W/G Superdonut - 1 Milk-8 oz.	23 Mixed Fruit Cup - 1/2c. 100% Fruit Punch - 4oz. Honey Wheat Bagel w/ Cream Cheese - 1 Milk-8 oz.	24 Fresh Apple-1 W/G Fruit Loops Cereal-1 oz. W/G Blueberry Muffin-2oz. Milk-8 oz.	25 Diced Pear Cup - 1/2c. 100% Strawberry Kiwi Juice -4oz. W/G Poffitz Pancakes-1
28 Applesauce Cup - 1/2c. Grape Juice - 4oz. W/G Multigrain Cheerios-1oz W/G Corn Muffin -2oz. Milk-8 oz.	29 Diced Peach Cup - 1/2c. Apple Juice - 1/2c. W/G Krispy Rice Cereal -1oz. W/G Chat Snax-1 Milk-8 oz.	30 Fresh Orange - 1 W/G Croissant with Margarine - 1 Milk-8 oz.	31 Mixed Fruit Cup -1/2c Orange Tangerine Juice - 4oz. W/G Strawberry Poptarts - 2pk Milk-8 oz.	