

## Charter School - Breakfast

October 1 - October 31

### *What's Cooking Today?*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Fresh Pear-1 W/G Fruity Cheerios-1 oz. W/G Graham Crackers-3 Milk-8 oz.	2 Fresh Apple-1 W/G Blueberry Muffin-2 oz. Non Fat Peach Yogurt-4 oz Milk-8 oz.	3 Fresh Orange-1 Reduced Sugar Trix Cereal-1 oz. W/G Apple Breakfast Bar-1 Milk-8 oz.	4 Strawberry Applesauce Cup-1/2 c. 100% Apple Juice-4 oz. Wheat Bagel w/ Cream Cheese-1 Milk-8 oz.	5 Fresh Pear-1 Whole Grain Superdonut-3 oz. Milk-8 oz.
8 Fresh Apple-1 W/G Honey Graham Toasters Cereal-1 oz. W/G Strawberry Breakfast Bar-1 Milk-8 oz.	9 Fresh Pear-1 Whole Grain Apple Muffin-2 oz. W/G Multigrain Cheerios-1 oz. Milk-8 oz.	10 Fresh Orange-1 Whole Grain Cinnamon Raisin Bagel w/ Cream Cheese-1 Milk-8 oz.	11 Fresh Apple-1 W/G Alpha-Bits Cereal-1 oz. Vanilla Bear Grahams-2 Milk-8 oz.	12 Diced Pear Cup-1/2 c. 100% Grape Juice-4 oz. W/G Cinnamon Toasters Cereal-1 oz. Graham Crackers-3 Milk-8 oz.
15 Fresh Orange-1 W/G Apple Cinnamon Cheerios Cereal-1 oz. W/G Graham Crackers-3 Milk-8 oz.	16 Fresh Apple-1 Whole Grain Corn Muffin-2 oz. Non Fat Strawberry Yogurt-4 oz. Milk-8 oz.	17 Strawberry Applesauce Cup-1/2 c. 100% Orange Tangerine Juice-4 oz. W/G Plain Bagel w/ Cream Cheese-1 Milk-8 oz.	18 Fresh Orange-1 W/G Cocoa Puffs Cereal-1 oz. W/G Potato Raisin Bread w/ Margarine-1 Milk 8 oz.	19 Mixed Fruit Cup-1/2 c. 100% Apple Juice-4 oz. W/G Corn Chex Cereal-1 oz. W/G Waffle Graham-2 Milk-8 oz.
22 Diced Peach Cup-1/2 c. 100% Fruit Punch-4 oz. W/G Raisin Bran Cereal-1 oz W/G Apple Breakfast Bar-1 Milk-8 oz.	23 Fresh Pear-1 W/G Cinnamon Flakes Cereal-1 oz. Non Fat Blueberry Yogurt-4 oz. Milk-8 oz.	24 Fresh Orange-1 W/G Sunflower Butter and Jelly Sandwich-1(Nut Free) W/G Graham Crackers-3 Milk-8 oz.	25 Fresh Apple-1 W/G Superdonut-2 oz. Milk-8 oz.	26 Mandarin Orange Cup-1/2 c. 100% Strawberry Kiwi Juice-4 oz. Whole Grain Croissant w/ Margarine-2.4 oz. Milk-8 oz.
29 Fresh Orange-1 W/G Honey Graham Toasters Cereal-1 oz. W/G Banana Losf Milk-8 oz.	30 Fresh Apple-1 Reduced Sugar W/G Frosted Flakes Cereal-1 oz. W/G Dino Grahams-2 Milk 8 oz.	31 Diced Pear Cup-1/2 c. Cranberry Juice-4 oz. R/S Fruit Loops-1 oz. W/G Apple Breakfast Bar-1 Milk-8 oz.	<b>All Juice is 100% Fruit Juice</b>	

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