



OCTOBER

Monday

Tuesday

Wednesday

Thursday

Friday

1

MUFFIN, BANANA (WG)
WHEAT BAGEL
CREAM CHEESE
CEREAL, VARIETY (WG)
CRACKERS, ASSTD. (WG)
STRING CHEESE, MOZZ
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

2

5

HAM, CHEESE & EGG CROISANT
WHEAT BAGEL
CREAM CHEESE
CEREAL, VARIETY (WG)
CRACKERS, ASSTD. (WG)
STRING CHEESE, MOZZ
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

6

HOUSEMADE YOGURT PARFAIT
VANILLA BLUEBERRY SMOOTHIE
CEREAL, VARIETY (WG)
CRACKERS, ASSTD. (WG)
STRING CHEESE, MOZZ
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

7

FRENCH TOAST CASSEROLE
BREAKFAST SYRUP
CEREAL, VARIETY (WG)
CRACKERS, ASSTD. (WG)
STRING CHEESE, MOZZ
WHEAT BAGEL
CREAM CHEESE
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

8

PANCAKE WRAPPED SAUSAGE STICK - WG
BAGEL, CINNAMON CREAM - WG
CEREAL, VARIETY (WG)
CRACKERS, ASSTD. (WG)
STRING CHEESE, MOZZ
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

9

12

CHEESE & SAUSAGE ENGLISH MUFFIN SANDWICH - WG
WHEAT BAGEL
CREAM CHEESE
CEREAL, VARIETY (WG)
CRACKERS, ASSTD. (WG)
STRING CHEESE, MOZZ
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

13

HOMEMADE WHOLE WHEAT PANCAKES
BREAKFAST SYRUP
WHEAT BAGEL
CREAM CHEESE
CEREAL, VARIETY (WG)
CRACKERS, ASSTD. (WG)
STRING CHEESE, MOZZ
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

14

MINI WAFFLES (WG)
CEREAL, VARIETY (WG)
CRACKERS, ASSTD. (WG)
STRING CHEESE, MOZZ
WHEAT BAGEL
CREAM CHEESE
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

15

PEACHES & CREAM OVERNIGHT OATS
WHEAT BAGEL
CREAM CHEESE
CEREAL, VARIETY (WG)
CRACKERS, ASSTD. (WG)
STRING CHEESE, MOZZ
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

16

19

HAM, CHEESE & EGG CROISSANT
WHEAT BAGEL
CREAM CHEESE
CEREAL, VARIETY (WG)
CRACKERS, ASSTD. (WG)
STRING CHEESE, MOZZ
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

20

HOUSEMADE YOGURT PARFAIT
BREAKFAST CRUMBLE
CEREAL, VARIETY (WG)
CRACKERS, ASSTD. (WG)
STRING CHEESE, MOZZ
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

21

FRENCH TOAST CASSEROLE
BREAKFAST SYRUP
CEREAL, VARIETY (WG)
CRACKERS, ASSTD. (WG)
STRING CHEESE, MOZZ
WHEAT BAGEL
CREAM CHEESE
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

22

PANCAKE WRAPPED SAUSAGE STICK - WG
BAGEL, STRAWBERRY FILLED - WG
CEREAL, VARIETY (WG)
CRACKERS, ASSTD. (WG)
STRING CHEESE, MOZZ
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

23

26

CHEESE & SAUSAGE ENGLISH MUFFIN SANDWICH - WG
WHEAT BAGEL
CREAM CHEESE
CEREAL, VARIETY (WG)
CRACKERS, ASSTD. (WG)
STRING CHEESE, MOZZ
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

27

HOMEMADE WHOLE WHEAT PANCAKES
BREAKFAST SYRUP
WHEAT BAGEL
CREAM CHEESE
CEREAL, VARIETY (WG)
CRACKERS, ASSTD. (WG)
STRING CHEESE, MOZZ
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

28

MINI WAFFLES (WG)
CEREAL, VARIETY (WG)
CRACKERS, ASSTD. (WG)
STRING CHEESE, MOZZ
WHEAT BAGEL
CREAM CHEESE
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

29

HOMEMADE BREAKFAST BURRITO
WHEAT BAGEL
CREAM CHEESE
CEREAL, VARIETY (WG)
CRACKERS, ASSTD. (WG)
STRING CHEESE, MOZZ
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

30

This institution is an equal opportunity provider.

***Allergen information available upon request**