



Hello OCTOBER

Monday

Tuesday

Wednesday

Thursday

Friday

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HOMEMADE BLUEBERRY MUFFINS
CEREAL, VARIETY (WG)
YOGURT, STRWBRY BANNA
BAGEL (WG)
CREAM CHEESE
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

4

ENGLISH MUFFIN W/ SAUSAGE
BAGEL (WG)
CREAM CHEESE
CEREAL, VARIETY (WG)
STRING CHEESE, MOZZ
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

5

YOGURT PARFAIT
BAGEL (WG)
CREAM CHEESE
CEREAL, VARIETY (WG)
STRING CHEESE, MOZZ
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

6

GREEN CHILI BREAKFAST BURRITO
BAGEL (WG)
CREAM CHEESE
CEREAL, VARIETY (WG)
YOGURT, STRWBRY BANNA
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM
RED SALSA

7

10

HOMEMADE BLUEBERRY MUFFINS
CEREAL, VARIETY (WG)
YOGURT, STRWBRY BANNA
BAGEL (WG)
CREAM CHEESE
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

11

BISCUIT, HAM & CHEESE
BAGEL (WG)
CREAM CHEESE
CEREAL, VARIETY (WG)
STRING CHEESE, MOZZ
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

12

YOGURT PARFAIT
BAGEL (WG)
CREAM CHEESE
CEREAL, VARIETY (WG)
STRING CHEESE, MOZZ
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

13

GREEN CHILI BREAKFAST BURRITO
BAGEL (WG)
CREAM CHEESE
CEREAL, VARIETY (WG)
YOGURT, STRWBRY BANNA
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM
RED SALSA

14

17

HOMEMADE BLUEBERRY MUFFINS
CEREAL, VARIETY (WG)
YOGURT, STRWBRY BANNA
BAGEL (WG)
CREAM CHEESE
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

18

ENGLISH MUFFIN W/ SAUSAGE
BAGEL (WG)
CREAM CHEESE
CEREAL, VARIETY (WG)
STRING CHEESE, MOZZ
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

19

YOGURT PARFAIT
BAGEL (WG)
CREAM CHEESE
CEREAL, VARIETY (WG)
STRING CHEESE, MOZZ
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

20

GREEN CHILI BREAKFAST BURRITO
BAGEL (WG)
CREAM CHEESE
CEREAL, VARIETY (WG)
YOGURT, STRWBRY BANNA
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM
RED SALSA

21

24

HOMEMADE BLUEBERRY MUFFINS
CEREAL, VARIETY (WG)
YOGURT, STRWBRY BANNA
BAGEL (WG)
CREAM CHEESE
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

25

BISCUIT, HAM & CHEESE
BAGEL (WG)
CREAM CHEESE
CEREAL, VARIETY (WG)
STRING CHEESE, MOZZ
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

26

YOGURT PARFAIT
BAGEL (WG)
CREAM CHEESE
CEREAL, VARIETY (WG)
STRING CHEESE, MOZZ
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

27

GREEN CHILI BREAKFAST BURRITO
BAGEL (WG)
CREAM CHEESE
CEREAL, VARIETY (WG)
YOGURT, STRWBRY BANNA
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM
RED SALSA

28

31

HOMEMADE BLUEBERRY MUFFINS
CEREAL, VARIETY (WG)
YOGURT, STRWBRY BANNA
BAGEL (WG)
CREAM CHEESE
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.