

Welcome Autumn



ALL GRAINS ON THIS MENU ARE EITHER WHOLE GRAIN OR WHOLE WHEAT

Monday

Tuesday

Wednesday

Thursday

Friday

1

BANANA BREAD
FRUIT, FRESH, ASSORTED
(1/2)
MILK, Skim

2

ENGLISH MUFFIN, HAM &
CHEESE
FRUIT, FRESH, ASSORTED
(1/2)
MILK, Skim

3

MINI PANCAKES, MAPLE
FRUIT, FRESH, ASSORTED
(1/2)
MILK, Skim

4

CEREAL, VARIETY, BLK
CRACKERS, GRAHAM(1oz)
FRUIT, FRESH, ASSORTED
(1/2)
MILK, Skim

7

CEREAL, VARIETY, BLK
FRUIT, FRESH, ASSORTED
(1/2)
MILK, Skim

8

MUFFIN, ASSORTED 2OZ
STRING CHEESE, MOZZAR
ELLA
FRUIT, FRESH, ASSORTED
(1/2)
MILK, Skim

9

BREAKFAST BURRITO WIT
H SAUSAGE
FRUIT, FRESH, ASSORTED
(1/2)
MILK, Skim

10

FRENCH TOAST STICKS, W
G CINNAMON
FRUIT, FRESH, ASSORTED
(1/2)
MILK, Skim

11

CEREAL, VARIETY, BLK
CRACKERS, GRAHAM(1oz)
FRUIT, FRESH, ASSORTED
(1/2)
MILK, Skim

14

CEREAL, VARIETY, BLK
FRUIT, FRESH, ASSORTED
(1/2)
MILK, Skim

15

BANANA BREAD
FRUIT, FRESH, ASSORTED
(1/2)
MILK, Skim

16

ENGLISH MUFFIN, HAM &
CHEESE
FRUIT, FRESH, ASSORTED
(1/2)
MILK, Skim

17

MINI PANCAKES, MAPLE
FRUIT, FRESH, ASSORTED
(1/2)
MILK, Skim

18

NO SCHOOL TODAY

21

NO SCHOOL TODAY

22

MUFFIN, ASSORTED 2OZ
STRING CHEESE, MOZZAR
ELLA
FRUIT, FRESH, ASSORTED
(1/2)
MILK, Skim

23

BREAKFAST BURRITO WIT
H SAUSAGE
FRUIT, FRESH, ASSORTED
(1/2)
MILK, Skim

24

FRENCH TOAST STICKS, W
G CINNAMON
FRUIT, FRESH, ASSORTED
(1/2)
MILK, Skim

25

CEREAL, VARIETY, BLK
CRACKERS, GRAHAM(1oz)
FRUIT, FRESH, ASSORTED
(1/2)
MILK, Skim

28

CEREAL, VARIETY, BLK
FRUIT, FRESH, ASSORTED
(1/2)
MILK, Skim

29

BANANA BREAD
FRUIT, FRESH, ASSORTED
(1/2)
MILK, Skim

30

ENGLISH MUFFIN, HAM &
CHEESE
FRUIT, FRESH, ASSORTED
(1/2)
MILK, Skim

31

MINI PANCAKES, MAPLE
FRUIT, FRESH, ASSORTED
(1/2)
MILK, Skim