



# October Breakfast Menu 2018

WG = Whole Grain Rich

All Milk Served Is Unflavored 1% or Skim Milk

Children Under 2 are Served Unflavored Whole Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. WG French Toast Sticks Milk Orange Wedges	2. WG Cheerios Bananas Milk	3. WG Waffles Syrup Pears Milk	4. Turkey Sausage WG Biscuit Cantaloupe Milk	5. WG Pancakes Syrup Mixed Berries Milk
8. English Muffin Strawberry Jam Milk	9. WG Kix Cereal Milk Peaches	10. WG Waffles Syrup Fresh Pears Milk	11. Yogurt Granola Apple Juice	12. WG Pancakes Syrup Grape Juice Milk
15. Rice Krispy Cereal Pears Milk	16. Egg & Cheese Omelet Mini WG Croissant Grape Juice Milk	17. WG Waffles Syrup Cantaloupe Milk	18. Mini Bagels Cinnamon Cream Cheese Apple Juice Milk	19. WG Pancakes Syrup Grapes Milk
22. WG French Toast Sticks Syrup Strawberries Milk	23. Spinach & Feta Cheese Egg Frittata Toast Honey Dew Milk	24. WG Waffles Fresh Apples Syrup Milk	25. Oatmeal Blueberries Milk	26. WG Pancakes Honey dew Syrup Milk
29 WG Corn Flakes Bananas Milk	30. WG Blueberry Muffins Fresh Pineapples Milk	31. WG Waffles Mixed Fruit Syrup Milk		