

OCTOBER

MEADOWBROOK BREAKFAST

| Monday | Tuesday | Wednesday | Thursday | Friday |
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|  |  | OCTOBER IS NATIONAL APPLE MONTH APPLES ARE A GOOD SOURCE OF VITAMIN C | DID YOU KNOW: APPLES RIPEN 6 TO 10 TIMES FASTER AT ROOM TEMPERATURE THAN IF THEY WERE REFRIGERATED. | 1 BREAK |
| CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE | | | | |
| 4 WORKDAY | 5 ASSORTED CEREAL ²² WITH TOAST ¹⁴ OR BREAKFAST BAR | 6 CHICKEN BISCUIT ³⁵ OR BREAKFAST BAR | 7 CINNAMON TASTRY ³⁸ OR BREAKFAST BAR | 8 BISCUIT ²⁸ AND GRAVY ¹⁰ OR BREAKFAST BAR |
| CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT | | | | |
| 11 SAUSAGE BISCUIT ³² OR BREAKFAST BAR | 12 MRS. BUTTERWORTH PANCAKES ²⁷ WITH SYRUP ¹⁸ OR BREAKFAST BAR | 13 CHICKEN BISCUIT ³⁵ OR BREAKFAST BAR | 14 ASSORTED CEREAL ²² WITH TOAST ¹⁴ OR BREAKFAST BAR | 15 BISCUIT ²⁸ AND GRAVY ¹⁰ OR BREAKFAST BAR |
| CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE | | | | |
| 18 SCRAMBLED EGGS ¹ AND TOAST ¹⁴ OR BREAKFAST BAR | 19 CHICKEN BISCUIT ³⁵ OR BREAKFAST BAR | 20 RICE KRISPIE CEREAL BAR ²⁷ OR BREAKFAST BAR | 21 BISCUIT ²⁸ AND GRAVY ¹⁰ OR BREAKFAST BAR | 22 BISCUIT ²⁸ AND GRAVY ¹⁰ OR BREAKFAST BAR |
| CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT | | | | |
| 25 PANCAKE AND SAUSAGE ON A STICK ²² OR BREAKFAST BAR | 26 ASSORTED CEREAL ²² WITH TOAST ¹⁴ OR BREAKFAST BAR | 27 CHICKEN BISCUIT ³⁵ OR BREAKFAST BAR | 28 WAFFLES ²⁷ WITH SYRUP ¹⁸ OR BREAKFAST BAR | 29 GHOSTLY GRAVY ¹⁰ BISCUIT ²⁸ OR BREAKFAST BAR |
| CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT | | | | |

Subject to change.

“ THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.”