

# OCTOBER

## ELEMENTARY BREAKFAST

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

Subject to change.

“ THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.”