



OCTOBER

MEADOWBROOK BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
		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 WITH TOAST OR BREAKFAST BAR	6 CHICKEN BISCUIT OR BREAKFAST BAR	7 CINNAMON TASTRY OR BREAKFAST BAR	8 BISCUIT AND GRAVY OR BREAKFAST BAR
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1%UNFLAVORED OR SKIM MILK/FRESH FRUIT				
11 SAUSAGE BISCUIT OR BREAKFAST BAR	12 MRS. BUTTERWORTH PANCAKES WITH SYRUP OR BREAKFAST BAR	13 CHICKEN BISCUIT OR BREAKFAST BAR	14 ASSORTED CEREAL WITH TOAST OR BREAKFAST BAR	15 BISCUIT AND GRAVY OR BREAKFAST BAR
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1%UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				
18 SCRAMBLED EGGS AND TOAST OR BREAKFASR BAR	19 CHICKEN BISCUIT OR BREAKFAST BAR	20 RICE KRISPIE CEREAL BAR OR BREAKFAST BAR	21 BISCUIT AND GRAVY OR BREAKFAST BAR	22 BISCUIT AND GRAVY 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 OR BREAKFAST BAR	26 ASSORTED CEREAL WITH TOAST OR BREAKFAST BAR	27 CHICKEN BISCUIT OR BREAKFAST BAR	28 WAFFLES WITH SYRUP OR BREAKFAST BAR	29 GHOSTLY GRAVY BISCUIT 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.”