

October 2017 UNIVERSAL BREAKFAST

Breakfast Meal Pattern

Choice of Grain/Meat, Fruit, Milk

Milk Choices of 1%-14 Fat Free Chocolate-20 are offered daily

Juice-14 is offered daily

October

In October we celebrate National School Lunch Week October 9-13. The National School Lunch Program serves over 30 million kids every day across the country! With healthy and tasty food to offer, we invite you to try our meals daily!



five two one almost none

This institution is an equal opportunity provider. Menu subject to change.

Monday, October 2	Tuesday, October 3	Wednesday, October 4	Thursday, October 5	Friday, October 6
*Chicken Biscuit- 29 *Strawberry Poptart- 37 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with *Graham Crackers -17 *Chocolate Chip Oat Bar-46 Applesauce- 14	*French Toast- 29 *PB & J Graham- 32 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with *Graham Crackers -17 *Chocolate Chip Oat Bar-46 Apple Slices-14	*Cinni Minis- 40 *Cinnamon Poptart- 37 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with *Graham Crackers -17 *Chocolate Chip Oat Bar-46 Craisins- 29	*Mini Waffles- 36 *PB & J Graham- 32 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with *Graham Crackers -17 *Chocolate Chip Oat Bar-46 Apple Slices- 14	*Super Donut- 40 *Strawberry Poptart- 37 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with *Graham Crackers -17 *Chocolate Chip Oat Bar-46 Applesauce-14
Monday, October 9	Tuesday, October 10	Wednesday, October 11	Thursday, October 12	Friday, October 13
*Sausage Biscuit- 32 *Strawberry Poptart- 37 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with *Graham Crackers -17 *Chocolate Chip Oat Bar-46 Applesauce- 14	*Fruit Filled Fruddle- 36 *PB & J Graham- 32 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with *Graham Crackers -17 *Chocolate Chip Oat Bar-46 Apple Slices- 14	*Mini Pancakes- 40 *Cinnamon Poptart- 37 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with *Graham Crackers -17 *Chocolate Chip Oat Bar-46 Craisins- 29	*Cinnamon Roll- 39 *PB & J Graham- 32 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with *Graham Crackers -17 *Chocolate Chip Oat Bar-46 Apple slices-14	WORKDAY
Monday, October 16	Tuesday, October 17	Wednesday, October 18	Thursday, October 19	Friday, October 20
WORKDAY	WORKDAY	*Cinni Minis- 40 *Cinnamon Poptart- 37 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with *Graham Crackers -17 *Chocolate Chip Oat Bar-46 Craisins- 29	*Mini Waffles- 36 *PB & J Graham- 32 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with *Graham Crackers -17 *Chocolate Chip Oat Bar-46 Apple Slices- 14	*Super Donut- 40 *Strawberry Poptart- 37 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with *Graham Crackers -17 *Chocolate Chip Oat Bar-46 Applesauce-14
Monday, October 23	Tuesday, October 24	Wednesday, October 25	Thursday, October 26	Friday, October 27
*Sausage Biscuit- 32 *Strawberry Poptart- 37 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with *Graham Crackers -17 *Chocolate Chip Oat Bar-46 Applesauce- 14	*Fruit Filled Fruddle- 36 *PB & J Graham- 32 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with *Graham Crackers -17 *Chocolate Chip Oat Bar-46 Apple Slices- 14	*Mini Pancakes- 40 *Cinnamon Poptart- 37 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with *Graham Crackers -17 *Chocolate Chip Oat Bar-46 Craisins- 29	*Cinnamon Roll- 39 *PB & J Graham- 32 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with *Graham Crackers -17 *Chocolate Chip Oat Bar-46 Apple slices-14	*Honey Bun- 40 *Strawberry Poptart- 37 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with *Graham Crackers -17 *Chocolate Chip Oat Bar-46 Applesauce-14
Monday, October 30	Tuesday, October 31			
*Chicken Biscuit- 29 *Strawberry Poptart- 37 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with *Graham Crackers -17 *Chocolate Chip Oat Bar-46 Applesauce- 14	*French Toast- 29 *PB & J Graham- 32 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with *Graham Crackers -17 *Chocolate Chip Oat Bar-46 Apple Slices-14			

*Notes items that are whole grain or contain whole grain. Numbers listed to the right of each item are total carbohydrates in grams.