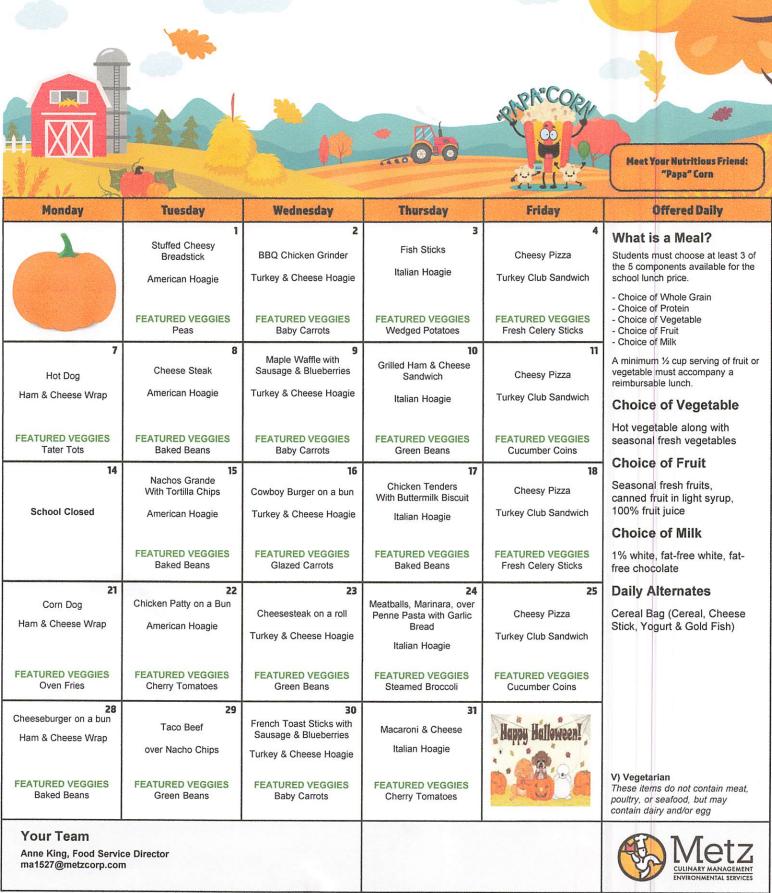
October 2024



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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	1	2	3	4	What is a Meal?
	Chocolate Chip Muffin	Mini Cinni	Blueberry Muffin	Apple Strudel	Students must choose at least 3 o the 4 components available for the school breakfast price.
	Assorted Cereals or Poptart with Graham Crackers	- Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk			
7	8	9	10	11	A minimum ½ cup serving of fruit of vegetable must accompany a
fini Banana or Blueberry Loaf	Chocolate Chip Muffin	Mini Cinni	Blueberry Muffin	Dutch Waffle	reimbursable breakfast.
					Whole Grain Cereals (served with toast)
Assorted Cereals or Poptart	Assorted Cereals or Poptart	Assorted Cereals or Poptart	Assorted Cereals or Poptart	Assorted Cereals or Poptart	Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios,
with Graham Crackers	with Graham Crackers	with Graham Crackers	with Graham Crackers	with Graham Crackers	Lucky Charms
14	15	16	17	18	Choice of Fruit
School Closed	Chocolate Chip Muffin	Mini Cinni	Blueberry Muffin	Apple Strudel	Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice
	Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals	Choice of Milk
	or Poptart with Graham Crackers	1% white, fat-free white, fat-free chocolate			
21	22	23	24	25	
lini Banana or Blueberry Loaf	Chocolate Chip Muffin	Mini Cinni	Blueberry Muffin	Dutch Waffle	
Assorted Cereals or Poptart	Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals	
with Graham Crackers	or Poptart with Graham Crackers	or Poptart with Graham Crackers	or Poptart with Graham Crackers	or Poptart with Graham Crackers	
28	29	30	31		
lini Banana or Blueberry Loaf	Chocolate Chip Muffin	Mini Cinni	Blueberry Muffin	Happy Halloween!	(V) Vegetarian These items do not contain meat, poultry, or seafood, but may
Assorted Cereals or Poptart	Assorted Cereals or Poptart	Assorted Cereals or Poptart	Assorted Cereals or Poptart	DE CO	contain dairy and/or egg (VG) Vegan These items do not contain any
Your Team	with Graham Crackers	with Graham Crackers	with Graham Crackers		animal products

