



# October 2023- Breakfast Menu

Students Must Take ½ Cup Of Fruit Plus 2 Other Items Of Their Choice

Sun	Mon	Tues	Wed	Thu	Fri	Sat
1 	2 Breakfast Pizza, Apple Slices, Fresh Nectarine	3 Frosted Flakes Cereal, Bear Grahams, Pineapple Cup, Fresh Kiwis	4 French Toast Sticks, Syrup, Orange Juice, Fresh Pear	5 Pancake on the Stick, Syrup, Banana, Mixed Fruit Cup	6 Pop Tart Frosted Fudge, Orange, Peach Cup	7 
8	9 Cinnamon Toast Cereal Bar, Fresh Pear, Applesauce Cup	10 Breakfast Pizza, Mixed Fruit Cup, Fresh Orange	11 Cinni Mini, (Except PS Mini Bagel), Peach Cup, Apple Slices	12 Turkey Sausage Sandwich, Orange, Banana	13 Peanut Butter and Jelly Sandwich, Nectarine, Pineapple Cup	14
15	16 Honey Nut Cheerios Cereal, Bear Grahams, Apple Slices, Kiwis	17 Mini Pancakes, Syrup, Fresh Pear, Mixed Fruit Cup	18 French Toast Sticks, Syrup, Apple Juice, Fresh Pear	19 Waffle Sausage Sandwich, Mixed Fruit Cup, Applesauce Cup	20 Breakfast Donuts, Banana, Pineapple Cup	21
22	23 Mini Waffles, Syrup, Apple Juice, Peach Cup	24 Cinni Mini, (Except PS Mini Bagel), Pineapple Cup, Fruit Punch Juice	25 Raspberry Yogurt, Banana Muffin, Mixed Fruit Cup, Kiwis	26 Pancake on the Stick, Syrup, Kiwis, Fresh Orange	27 Breakfast Pizza, Apple Slices, Fresh Banana	28
29	30 Peanut Butter and Jelly Sandwich, Tangerine, Pineapple Cup	31 Waffle Sausage Sandwich, Mixed Fruit Cup, Applesauce Cup			<b>Milk With Every Meal</b>	<b>Menu Subject To Change</b>