



October 2019

Breakfast/Snack Menu

	Mon	Tue	Wed	Thu	Fri	Sat
		1 Oatmeal (wg) Apple Sauce Milk <hr/> Carrot Sticks Peaches Milk	2(wg) Muf- fins Peaches Milk <hr/> Pineapples Milk	3(wg)Cereal Peaches Milk <hr/> Apple Slices Milk	4 (wg) French Toast Oranges Milk <hr/> Oranges Milk/juice	5
6	7 (wg) French Toast Oranges Milk <hr/> (wg)Chex Mix Applesauce Milk	8 Cereal (wg) Apple Sauce Milk <hr/> Apple Slices Milk	9 (wg) Waffles Pineapples Milk <hr/> Pretzels Peaches Milk	10 Cereal (wg) 100 %Fruit Juice Milk <hr/> Apple Slices Milk	11 (wg) French Toast Sticks Peaches Milk <hr/> Applesauce Milk	12
13	14 (wg) French Toast Sticks 100% Fruit Juice Milk <hr/> Strawberries Milk	15 Cereal (wg) Mixed Fruit Milk <hr/> Carrot Sticks w/ ranch Apple Sauce Milk	16 (wg) Waffles Strawberries Milk <hr/> Apple Slices Milk	17 (wg)Cereal Peaches Milk <hr/> Pineapples Milk	18 (wg) French Toast Pineapples Milk <hr/> Mixed Fruit Milk	19
20	21 (wg) Waffles Peaches Milk <hr/> Apple Slices Milk	22 Cereal (wg) Mixed Fruit Milk <hr/> Oranges Milk	23 (wg) Oatmeal Peaches Milk <hr/> (wg) Chex Mix Pineapples Milk	24 Cereal (wg) Pineapples Milk <hr/> Peaches Milk	25 (wg) French Toast sticks Pineapples Milk <hr/> (wg) Cheese & Crackers Apple sauce Milk	26
27	28 (wg) French Toast Sticks Apple Sauce Milk <hr/> (wg) Chex mix Pineapples Milk	29 Cereal (wg) Pineapple Milk <hr/> Mixed Fruit Milk	30 (wg) Waffles Peaches Milk <hr/> Apple Slices Milk	31 Cereal (wg) Pears Milk <hr/> (wg)Chex Mix Pears Milk	milk and juice. USDA is an equal opportunity pro- vider and employer. This menu is subject to change!!!! Cereals: Cheerios (multigrain), Chex, Kix, Honey Bunches of oats, Corn Flakes 100% Fruit Juice: Apple Juice, White Grape Peach, Very Berry, Orange (WG) : Whole Grain (WGR) Whole Grain Rich 1% White Milk	