

# Breakfast

## October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <i>Choose two:</i> Whole Grain Muffin Scrambled Eggs Whole Grain Cereal	2 <i>Choose two:</i> Fried Brown Rice With Ham & Egg WG English Muffin Whole Grain Cereal	3 <i>Choose two:</i> WG Honey Bun Fried Egg Patty Whole Grain Cereal	4 <i>Choose two:</i> Fruit & Yogurt Parfait Whole Grain Oatmeal Whole Grain Cereal
7 <i>Choose two:</i> Whole Grain Waffle Turkey Sausage Links Whole Grain Cereal	8 <i>Choose two:</i> Whole Grain Muffin Scrambled Eggs Whole Grain Cereal	9 <i>Choose two:</i> Cheesy Potato Pancake Whole Grain Mini Bagel Whole Grain Cereal	10 <i>Choose two:</i> WG Donut Holes Fried Egg Patty Whole Grain Cereal	11 <i>Choose two:</i> Chilled Oats & Yogurt Whole Grain Oatmeal Whole Grain Cereal
14 <i>Choose two:</i> WG French Toast Sticks Turkey Sausage Links Whole Grain Cereal	15 <i>Choose two:</i> Whole Grain Muffin Scrambled Eggs Whole Grain Cereal	16 <i>Choose two:</i> Roasted Potato Scramble With Egg & Cheese WG Croissant Whole Grain Cereal	17 <i>Choose two:</i> WG Fruit Strudel Fried Egg Patty Whole Grain Cereal	18 <i>Choose two:</i> Greek Yogurt Whole Grain Granola Whole Grain Cereal
21 <i>Choose two:</i> Whole Grain Pancake Turkey Sausage Links Whole Grain Cereal	22 <i>Choose two:</i> Whole Grain Muffin Scrambled Eggs Whole Grain Cereal	23 <i>Choose two:</i> Fried Brown Rice With Ham & Egg WG English Muffin Whole Grain Cereal	24 <i>Choose two:</i> WG Cinnamon Roll Fried Egg Patty Whole Grain Cereal	25 <i>Choose two:</i> Fruit & Yogurt Parfait Whole Grain Oatmeal Whole Grain Cereal
28 <i>Choose two:</i> Whole Grain Waffle Turkey Sausage Links Whole Grain Cereal	29 <i>Choose two:</i> Whole Grain Muffin Scrambled Eggs Whole Grain Cereal	30 <i>Choose two:</i> Cheesy Potato Pancake Whole Grain Mini Bagel Whole Grain Cereal	31 <i>Choose two:</i> WG Maple Bar Fried Egg Patty Whole Grain Cereal	1 <i>Choose two:</i> Yogurt Smoothie Whole Grain Oatmeal Whole Grain Cereal

**Available Daily: Fresh Fruit, 100% Fruit Juice, 1% Unflavored Milk, Fat Free Chocolate Milk and Water**

Preschool-12th = Free of Charge

Adults / Visitors = \$5.00

A LA CART = Not Available

This institution is an equal opportunity provider.