

OCTOBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Breakfast Pita w/ tomato salsa Sliced Pears Fruit Juice Choice Milk Choice	2 Whole Grain Cinnamon Roll Mandarin Oranges Fruit Juice Choice Milk Choice	3
4	5 Whole Grain Cereal Yogurt Cup Fresh Apple Fruit Juice Choice Milk Choice	6 Biscuit & Gravy Pineapple Chunks Fruit Juice Choice Milk Choice	7 Cinnamon Toast Fresh Citrus Fruit Cup Fruit Juice Choice Milk Choice	8 Western Omelet Quesadilla Fresh Grapes Fruit Juice Choice Milk Choice	9 French Toast Sticks w/ Syrup Fruit Cocktail Fruit Juice Choice Milk Choice	10
11	12 Whole Grain Cinnamon Roll Fresh Banana Fruit Juice Choice Milk Choice	13 Mini Waffles w/ Syrup Apricot Halves Fruit Juice Choice Milk Choice	14 Breakfast Pizza Peach Slices Fruit Juice Choice Milk Choice	15 Excellent Egg Taco w/ Tomato Salsa Graham Snacks Fruit Juice Choice Milk Choice	16 NO SCHOOL	17
18	19 Whole Grain Cereal Sausage Patty Diced Pears Fruit Juice Choice Milk Choice	20 Biscuit & Gravy Fresh Oranges Fruit Juice Choice Milk Choice	21 Kansas Granola Bar Apricot Halves Fruit Juice Choice Milk Choice	22 Chicken Biscuit Breakfast Sandwich Fresh Mixed Fruit Cup Fruit Juice Choice Milk Choice	23 NO SCHOOL	24
25	26 French Toast Sticks w/ Syrup Frsh Grapes Fruit Juice Choice Milk Choice	27 Oatmeal Breakfast Round Yogurt Cup Strawberries & Bananas Fruit Juice Choice Milk Choice	28 WW Bagel With Toppings Fresh Apple Fruit Juice Choice Milk Choice	29 Blueberry Muffin Mandarin Oranges Fruit Juice Choice Milk Choice	30 Breakfast Pizza Sliced Peaches Fruit Juice Choice Milk Choice	31

This institution is an equal opportunity employer