

# October 2023

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

