

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				

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