

# October 2022

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

