

October 2023 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	10 Milk W/G Honey Bunches of Oats Raisins	11 Milk W/G Toasted O's Fruit Cup	12 Milk W/G Chex Fresh Fruit:	13 Milk Multigrain Cheerios Fresh Fruit: _____
16 Milk W/G Honey Bunches of Oats Fresh Fruit:	17 Milk W/G Chex Fresh Fruit: _____	18 Milk W/G Toasted O's Fruit Cup	19 Milk W/G Honey Bunches of Oats Fresh Fruit:	20 Milk Cheese stick Fresh Fruit: _____
23 Milk W/G Toasted O's Fresh Fruit: _____	24 Milk Multigrain Cheerios Fresh Fruit: _____	25 Milk Cheesestick/Cheese Raisins	26 Milk W/G Honey Bunches of Oats Fresh Fruit:	27 Milk W/G Chex Fresh Fruit: _____
30 Milk W/G Chex Fresh Fruit:	31 Milk W/G Toasted O's Fresh Fruit:	1 Milk W/G Honey Bunches of Oats Fruit Cup	2 Milk Multigrain Cheerios Applesauce	3 Milk WW Tea Biscuits Fresh Fruit: _____

*Applesauce, raisins, or fruit cups may be substituted for fresh fruit *Substitutions may be made as necessary

This institution is an equal opportunity provider

PM Snack 4 Week Rotation 2023

Monday	Tuesday - MEAT LUNCH	Wednesday	Thursday	Friday
4 W/G Pastry Bites Fresh Fruit: _____	5 W/G Corn Chips Fresh Fruit: Banana or Apple	6 W/G Pretzels Elm: Penut Butter Gan: Applesauce	7 W/G Tortilla Chips Fresh Fruit: _____	8 No Snack
11 W/G Animal Crackers Fresh Fruit _____	12 W/G pretzels Fresh fruit: _____	13 W/G Tortilla Chips Fresh Fruit: _____	14 W/G Chocolate Alphabets Cheese stick	15 No Snack
18 W/G Pretzels Elm: Penut Butter Gan: Applesauce	19 W/G Pastry Bites Fresh Fruit: _____	20 100% Fruit Juice W/G Corn Chips	21 W/G Chocolate Alphabets Fresh Fruit: _____	22 No Snack
25 W/G Corn Chips Fresh Fruit: _____	26 W/G Animal Crackers Fresh Fruit: _____	27 W/G Tortilla Chips Applesauce	28 W/G Pretzels Fresh Fruit: _____	29 No Snack

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