


BREAKFAST	OCTOBER 2019				GRADES 6-12
MON	TUE	WED	THUR	FRI	
	1 Apple Cinnamon Muffin Fruit Juice Milk	2 Chocolate Chip Muffin Fruit Juice Milk	3 Cinnamon Roll Fruit Juice Milk	4 Blueberry Muffin Fruit Juice Milk	
7 Golden Grahams WG Grahams Fruit Juice Milk	8 Frosted Flakes & WG Grahams Fruit Juice Milk	9 Yogurt & Granola Fruit Juice Milk	10 Banana Muffin Fruit Juice Milk	11 Apple Roll Fruit Juice Milk	
14 INDIGENOUS PEOPLES' DAY NO SCHOOL	15 Blueberry Muffin Fruit Juice Milk	16 Corn Muffin Fruit Juice Milk	17 Cinnamon Roll Fruit Juice Milk	18 Chocolate Chip Muffin Fruit Juice Milk	
21 Rice Krispies WG Grahams Fruit Juice Milk	22 Croissant w/Jelly Fruit Juice Milk	23 Yogurt & Granola Fruit Juice Milk	24 Banana Muffin Fruit Juice Milk	25 Cinnamon Roll Fruit Juice Milk	
28 Alpha Bits WG Grahams Fruit Juice Milk	29 Apple Cinnamon Muffin Fruit Juice Milk	30 Blueberry Muffin Fruit Juice Milk	31 Apple Roll Fruit Juice Milk	Nov. 1 Chocolate Chip Muffin Fruit Juice Milk	
*ALL MENUS ARE SUBJECT TO CHANGE					*Complies with NSLP & SBP Regulations