October

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
• dipper doodle bar • rf flurries cereal (df) 3	• hot omelet w/ cheese • yogurt/skeeter cinnamon grahams • blueberry muffin 4	• hot cinnamon toast bagel • rf honey buttons cereal (df) • jumpstart breakfast: mini dipperdoodle (1.3 oz)/string cheese 5	• hot egg and sausage quesadilla • lemon muffin • plain whole wheat bagel/cream cheese 6	• apple cinna-grins cereal/ [9-12 egg] / fruit (df) • zac omega bar blackberry (df) 7
• jumpstart breakfast: mini dipperdoodle (1.3 oz)/string cheese/ fruit • yogurt/granola/ fruit 10	• rf cocoa bops cereal (df) • skeeter honey grahams/cinnamon rumbles (df) 11	• hot pancakes w/ syrup • french toast muffin • rf flurries cereal (df) 12	• hot breakfast burrito • zac omega bar strawberry (df) • banana muffin 13	• blueberry burst whole grain bagel/cream cheese • breakfast cinnamon crumble 14
• rf honey buttons cereal (df) • zac omega bar apple (df) 17	• hot omelet w/ cheese • apple cinna-grins cereal/ [9-12 egg] / fruit (df) • autumn spice muffin 18	• hot waffles with syrup • dipper doodle bar (df) • yogurt/dick and janes smart crackers 19	• hot english muffin with egg and cheese • string cheese/skeeter cinnamon grahams • breakfast cinnamon crumble 20	• plain whole wheat bagel/cream cheese • blueberry muffin 21
• rf flurries cereal (df) • dipper doodle bar (2.3 oz) (df) 24	• hot bagel sandwich with cheese • blueberry burst whole grain bagel/cream cheese • yogurt/granola/ fruit 25	• hot breakfast burrito • french toast muffin • rf cocoa bops cereal (df) 26	• hot pancakes w/ syrup • mini dipperdoodle (1.3 oz)/hard boiled egg/ fruit (df) • autumn spice muffin 27	• breakfast cinnamon crumble • cold english muffin with turkey and cheese 28
• zac omega bar apple (df) • string cheese/skeeter cinnamon grahams 31				

what's new?

The seasonal favorite Autumn Spice Muffin is back! Look out for it on October 18 and October 27!

Breakfast: choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered twice per week.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

This institution is an equal opportunity provider