

October

BREAKFAST PSN

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Yogurt/Educational Snacks • Skeeter Honey Grahams/Cinnamon Rumbles (DF) <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> • Cinnamon Toast Bagel • MultiGrain Cheerios/ • Plain Whole Wheat Bagel/Cream Cheese <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> • Classic Egg and Cheese Brekwich (English Muffin) • Breakfast Cinnamon Crumble • Corn Chex Cereal (DF) <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> • French Toast Sticks • Blueberry Muffin • Cheerios (DF) <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> • COLD Turkey and Cheddar Brekwich (English Muffin) • String Cheese/Skeeter Cinnamon Grahams <p style="text-align: right;">6</p>
<ul style="list-style-type: none"> • Corn Chex (DF) • Yogurt/Granola <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> • COLD Cheesy Bagel Sandwich • Cinnamon Duo: Skeeter Cinnamon Grahams/Cinnamon Rumbles <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> • Turkey, Cheddar Cheese, and Omelet Gordita • Cheerios (DF) • Lemon Muffin <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> • Southwest Chicken Chorizo and Cheese Brekwich (English Muffin) • Blueberry Burst Whole Grain Bagel/Cream Cheese • Multigrain Cheerios (DF) <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> • Autumn Spice Muffin (seasonal) • Breakfast Cinnamon Crumble <p style="text-align: right;">13</p>
<ul style="list-style-type: none"> • Corn Chex (DF) • String Cheese/Skeeter Cinnamon Grahams <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> • French Toast Sticks • Cinnamon Rumbles and Yogurt • COLD Turkey and Cheddar Brekwich (English Muffin) <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> • Rise & Shine Breakfast Burrito (Egg & Cheese) • Breakfast Cinnamon Crumble • Multigrain Cheerios (DF) <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> • Cheesy Bagel Sandwich • French Toast Muffin • Yogurt/Educational Snacks <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> • Skeeter Honey Grahams/Cinnamon Rumbles (DF) • Blueberry Burst Whole Grain Bagel/Cream Cheese <p style="text-align: right;">20</p>
<ul style="list-style-type: none"> • Yogurt/Granola • Cinnamon Rumbles and String Cheese <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> • Corn Chex (DF) • Blueberry Muffin <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> • Yogurt/Skeeter Cinnamon Grahams • Plain Whole Wheat Bagel/Cream Cheese <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> • Autumn Spice Muffin (seasonal) • Skeeter Honey Grahams/Cinnamon Rumbles (DF) <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> • COLD Bagel Sandwich with Turkey and Cream Cheese • Breakfast Cinnamon Crumble <p style="text-align: right;">27</p>
<ul style="list-style-type: none"> • Yogurt/Educational Snacks • Multigrain Cheerios (DF) <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> • Blueberry Burst Whole Grain Bagel/Cream Cheese • Lemon Muffin <p style="text-align: right;">31</p>			

what's new?

Did you know that we serve only rBST-free milk? Filled with calcium, vitamin D, and protein, milk is full of the good stuff you need to grow strong bodies and minds.

Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

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

o Vegetable of the day

