

OCTOBER

# BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <ul style="list-style-type: none"> <li>HOT Turkey, Cheddar Cheese, and Omelet Gordita</li> <li>Jumpstart Breakfast: Mini Dipperdoodle with String Cheese</li> <li>Yogurt with Cinnamon Grahams</li> </ul>	<p>2</p> <ul style="list-style-type: none"> <li>HOT Mini Cheese Omelet with French Toast Stick (VG)</li> <li>Breakfast Cinnamon Crumble</li> <li>Blueberry Burst Whole Grain Bagel with Cream Cheese</li> </ul>	<p>3</p> <ul style="list-style-type: none"> <li>HOT Rise &amp; Shine Breakfast Burrito (Egg &amp; Cheese) (VG)</li> <li>Banana Muffin</li> <li>Zac Omega Bar Strawberry (DF)</li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>Plain Whole Wheat Bagel with Cream Cheese</li> <li>Yogurt with Educational Snacks</li> </ul>
<p>7</p> <ul style="list-style-type: none"> <li>Granola Bowl (DF)</li> <li>Zee Zees Cinnamon Crisp Bar (VG) (DF)</li> </ul>	<p>8</p> <ul style="list-style-type: none"> <li>HOT Cornbread &amp; Egg Omelet (VG)</li> <li>Blueberry Muffin</li> <li>Plain Whole Wheat Bagel with Cream Cheese</li> </ul>	<p>9</p> <ul style="list-style-type: none"> <li>HOT Pancakes with Syrup (VG)</li> <li>Corn Chex with Giant Cinnamon Goldfish Grahams (DF) (VG)</li> <li>Zee Zees Berry Apple Crisp Bar (DF)</li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li>HOT Classic Chicken Sausage and Cheddar Bagel Sandwich</li> <li>Yogurt with Granola</li> <li>String Cheese with Cinnamon Grahams</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>Blueberry Burst Whole Grain Bagel with Cream Cheese</li> <li>Cheerios with Mini Dipper doodle Bar (DF)</li> </ul>
<p>14</p> <ul style="list-style-type: none"> <li>Yogurt with Granola</li> <li>Zac Omega Bar Strawberry (DF)</li> </ul>	<p>15</p> <ul style="list-style-type: none"> <li>String Cheese with Cinnamon Grahams</li> <li>Multigrain Cheerios with Giant Cinnamon Goldfish Grahams (DF) (VG)</li> </ul>	<p>16</p> <ul style="list-style-type: none"> <li>HOT Pepper Jack Cheese and Omelet Gordita (VG)</li> <li>Autumn Spice Muffin</li> <li>Yogurt with HONEY Grahams</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>HOT Classic Egg and Cheese Brekwich (English Muffin) (VG)</li> <li>Plain Whole Wheat Bagel with Cream Cheese</li> <li>Lemon Muffin</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>Blueberry Muffin</li> <li>Cinnamon Chex with Educational Snacks (VG)</li> </ul>
<p>21</p> <ul style="list-style-type: none"> <li>Yogurt with Educational Snacks</li> <li>Multigrain Cheerios with Giant Cinnamon Goldfish Grahams (DF) (VG)</li> </ul>	<p>22</p> <ul style="list-style-type: none"> <li>HOT French Toast Sticks (VG)</li> <li>Blueberry Muffin</li> <li>Zee Zees Berry Apple Crisp Bar (DF)</li> </ul>	<p>23</p> <ul style="list-style-type: none"> <li>HOT Sausage &amp; Cheddar Biscuit FW</li> <li>Plain Whole Wheat Bagel with Cream Cheese</li> <li>Yogurt with HONEY Grahams</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>HOT Pancakes with Syrup (VG)</li> <li>Corn Chex with Educational Snacks (VG)</li> <li>Zee Zees Cinnamon Crisp Bar (VG) (DF)</li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>Blueberry Burst Whole Grain Bagel with Cream Cheese</li> <li>Banana Muffin</li> </ul>
<p>28</p> <ul style="list-style-type: none"> <li>Cinnamon Chex (DF) (VG)</li> <li>Zee Zees Berry Apple Crisp Bar (DF)</li> </ul>	<p>29</p> <ul style="list-style-type: none"> <li>HOT Turkey, Egg and Cheese Brekwich (English Muffin)</li> <li>Plain Whole Wheat Bagel with Cream Cheese</li> <li>Lemon Muffin</li> </ul>	<p>30</p> <ul style="list-style-type: none"> <li>HOT Cornbread &amp; Egg Omelet (VG)</li> <li>Yogurt with Granola</li> <li>Breakfast Cinnamon Crumble</li> </ul>	<p>31</p> <ul style="list-style-type: none"> <li>HOT French Toast Sticks (VG)</li> <li>Jumpstart Breakfast: Mini Dipper doodle with String Cheese</li> <li>Corn Chex with Educational Snacks (VG)</li> </ul>	

## Did you know?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and tein! Don't forget to grab a carton of low-fat or non-fat milk with breakfast!