



OCTOBER 2019

BREAKFAST AND PM SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1. Pancakes & Sausage Blueberries Milk	2. Oatmeal Peaches Milk	3. Kix Fruit Cocktail Milk	4. Cinnamon Toast Crunch Bananas Milk
	Cheese & Saltines Apple Juice	Animal Crackers Water	Wheat Thins Grape Juice	Oranges Water
7. Life Cereal Fruit Cocktail Milk	8. Pancakes Applesauce Milk	9. Kix Mixed Berries Milk	10. Cream of Wheat Peaches Milk	11. Special K Bananas Milk
Pretzels Lemonade	Yogurt w/peaches Water	Cheeze It's Apple Juice	Graham Crackers Cran-grape	Chex Mix Pomegranate
14. Mini Wheats Pineapple Milk	15. Oatmeal Strawberries Milk	16. Cheerios Peaches Milk	17. Waffles Apple Sauce Milk	18. Eggs Fruit cocktail Milk
Saltine Crackers Orange Juice	Nilla Wafers Milk	Chex Mix Grape Juice	Goldfish Apple Juice	Graham Crackers w/cream cheese Water
21. French toast sticks Apple Sauce Milk	22. Cinnamon Toast Crunch Mandarin Oranges Milk	23. Cream of Wheat Peaches Milk	24. Egg Biscuits Mixed Fruit Milk	25. Mini Wheats Blueberries Milk
Pretzels Apple Sauce	Nilla Wafers Milk	Cheeze It's Cranberry Juice	Animal Crackers Water	Blueberry Bread Milk
28. Multigrain Cheerios Pineapple Milk	39. Egg Cheese Burritos Peaches Milk	30. Frosted Flakes Pears Milk	31. HAPPY HALLOWEEN! Cheesy Potatoes Mandarin Oranges Milk	
Graham Crackers w/cream cheese Milk	Wheat Thins Grape Juice	Nilla Wafers Milk	Chex Mix Grape Juice	

This institution is an equal opportunity provider.

All Milk served to participants 2 years and older are served either low-fat (1%) or fat-free milk and children 1 year old are served whole milk.