



BREAKFAST

K-12 COLD Rev: 9/02/22

OCTOBER 2022

-Choice of Skim White/1% White/FF Chocolate milk
-Menu subject to change due to product availability.
-Assorted cereal can be provided upon request.

Monday

*Super Donut

3

Gala Apple
100% Orange Juice

Tuesday

*Rice Krispies Cereal
w/String Cheese (9-12)

4

Apple Chips
100% Fruit Punch

Wednesday

*Cinnamon Roll

5

Banana
100% Orange Pineapple Juice

Thursday

*Cherry Apple Crunch
Bar

6

Applesauce
100% Apple Cherry Juice

Friday

*Confetti Pancakes

7

Orange
100% Apple Juice

10

NO

11

SCHOOL,

12

FALL

13

BREAK

14

17

*Cinnamon Crisps
w/String Cheese

Gala Apple
100% Orange Juice

18

*Cocoa Puffs Cereal
w/Cracker (9-12)

Apple Chips
100% Fruit Punch

19

*Carrot Bun

Banana
100% Orange Pineapple Juice

20

*Mini Loaf

Applesauce
100% Apple Cherry Juice

21

*Blueberry Nutri-Grain
Bar w/ String Cheese

Orange
100% Apple Juice

24

*Apple Jacks Cereal

Gala Apple
100% Orange Juice

25

*Apple Cinnamon
Cheerios

Apple Chips
100% Fruit Punch

26

*Yogurt w/ Crackers

Banana
100% Orange Pineapple Juice

27

*Glazed Donut Bites

Applesauce
100% Apple Cherry Juice

28

*Triple Berry French
Toast

Orange
100% Apple Juice

31

*Banana Muffin

Gala Apple
100% Orange Juice

This institution is an equal opportunity provider.

K-12 Students Offered 1c Fruit Daily