



Hot M-Fri K-12



# OCTOBER 2023

-Choice of 1% White/FF Chocolate milk  
-Menu subject to change due to product availability  
-100% Fruit Juice offered with every meal.

## Monday

2

Egg & Chorizo  
Bowl

## Tuesday

3

Cinnamon Toast  
Crunch Cereal **BOWL**

## Wednesday

4

Blueberry Muffin  
Top

## Thursday

5

Mixed Berry  
Yogurt Parfait w/ Granola

## Friday

6

WG Pancakes  
w/ Syrup

9

No School  
Fall Break

10

No School  
Fall Break

11

No School  
Fall Break

12

No School  
Fall Break

13

No School  
Fall Break

16

No School  
Home Projects  
Parent/Teacher Conferences

17

No School  
Home Projects  
Parent/Teacher Conferences

18

Bagel w/ Strawberry  
Cream Cheese

19

Frosted Cinnamon  
Pop Tart

20

Apple Frudel

23

N1 Turkey-Sausage  
& Cheese Breakfast  
Sandwich

24

Team Cheerios  
**BAR**

25

Chocolate Chip  
Muffin

26

Cinnamon **Roll**

27

WG Pancakes  
w/ Syrup

30

Egg, Cheese &  
Beef Chorizo Burrito

31

Golden Grahams  
**BOWL**

This institution is an equal opportunity provider.