

# October

## BREAKFAST K-12

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>Jumpstart Breakfast: Mini Dipperdoodle (1.3 oz)/String Cheese</li> <li>Yogurt/Educational Snacks</li> </ul> <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> <li>Cinnamon Toast Bagel</li> <li>MultiGrain Cheerios/Zac Attack Strawberry (1.35 oz) (DF)</li> <li>Plain Whole Wheat Bagel/Cream Cheese</li> </ul> <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> <li>Classic Egg and Cheese Brekwich (English Muffin)</li> <li>Breakfast Cinnamon Crumble</li> <li>Apple Cinna-Grins Cereal/ [9-12 Egg] (DF)</li> </ul> <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> <li>French Toast Sticks</li> <li>Blueberry Muffin</li> <li>Zac Omega Bar Strawberry (2.5 oz) (DF)</li> </ul> <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> <li>COLD Turkey and Cheddar Brekwich (English Muffin)</li> <li>String Cheese/Skeeter Cinnamon Grahams</li> </ul> <p style="text-align: right;">6</p>
<ul style="list-style-type: none"> <li>Zee Zees Berry Apple Crisp Bar (DF)</li> <li>Cheerios/Mini Dipperdoodle Bar (DF)</li> </ul> <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> <li>COLD Cheesy Bagel Sandwich</li> <li>Cinnamon Duo: Skeeter Cinnamon Grahams/Cinnamon Rumbles</li> </ul> <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> <li>Turkey, Cheddar Cheese, and Omelet Gordita</li> <li>Cinnamon Chex/Zac Attack Strawberry (1.35 oz) (DF)</li> <li>Lemon Muffin</li> </ul> <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> <li>Southwest Chicken Chorizo and Cheese Brekwich (English Muffin)</li> <li>Blueberry Burst Whole Grain Bagel/Cream Cheese</li> <li>RF Cocoa Critters Cereal (DF)</li> </ul> <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> <li>Autumn Spice Muffin (seasonal)</li> <li>Breakfast Cinnamon Crumble</li> </ul> <p style="text-align: right;">13</p>
<ul style="list-style-type: none"> <li>Zac Omega Bar Blackberry (2.5 oz) (DF)</li> <li>String Cheese/Skeeter Cinnamon Grahams</li> </ul> <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> <li>French Toast Sticks</li> <li>Yogurt/Skeeter Honey Grahams</li> <li>RF Snow Flurries Cereal (DF)</li> </ul> <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> <li>Rise &amp; Shine Breakfast Burrito (Egg &amp; Cheese)</li> <li>MultiGrain Cheerios/Zac Attack Strawberry (1.35 oz) (DF)</li> <li>Breakfast Cinnamon Crumble</li> </ul> <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> <li>Cheesy Bagel Sandwich</li> <li>French Toast Muffin</li> <li>Yogurt/Educational Snacks</li> </ul> <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> <li>Jumpstart Breakfast: Mini Dipperdoodle (1.3 oz)/String Cheese</li> <li>Blueberry Burst Whole Grain Bagel/Cream Cheese</li> </ul> <p style="text-align: right;">20</p>
<ul style="list-style-type: none"> <li>Cheerios/Zac Attack Apple (1.35 oz) (DF)</li> <li>Dipper Doodle Bar (2.3 oz) (DF)</li> </ul> <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> <li>Southwest Chicken Chorizo and Cheese Bagel Sandwich</li> <li>RF Snow Flurries Cereal (DF)</li> <li>Blueberry Muffin</li> </ul> <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> <li>Omelet w/ Cheese</li> <li>Yogurt/Skeeter Cinnamon Grahams</li> <li>Plain Whole Wheat Bagel/Cream Cheese</li> </ul> <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> <li>Pancakes w/ Syrup</li> <li>Autumn Spice Muffin (seasonal)</li> <li>Zac Omega Bar Blackberry (2.5 oz) (DF)</li> </ul> <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> <li>RF Cocoa Critters Cereal (DF)</li> <li>Breakfast Cinnamon Crumble</li> </ul> <p style="text-align: right;">27</p>
<ul style="list-style-type: none"> <li>Zee Zees Berry Apple Crisp Bar (DF)</li> <li>Yogurt/Educational Snacks</li> </ul> <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> <li>French Toast, Maple Turkey Sausage, and Egg Combo</li> <li>Blueberry Burst Whole Grain Bagel/Cream Cheese</li> <li>Lemon Muffin</li> </ul> <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

