

# October

## UNITIZED BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>dipper doodle bar (2.3 oz) (df)</li> <li>kashi honey cereal/strawberry zac bar</li> </ul> <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> <li>yogurt/skeeter cinnamon grahams</li> <li>blueberry muffin</li> </ul> <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> <li>jumpstart breakfast: mini dipperdoodle (1.3 oz)/string cheese/ fruit</li> <li>cold bagel sandwich with cheese</li> </ul> <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> <li>lemon muffin</li> <li>plain whole wheat bagel/cream cheese</li> </ul> <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> <li>breakfast cinnamon crumble</li> <li>zac omega bar blackberry (df)</li> </ul> <p style="text-align: right;">7</p>
<ul style="list-style-type: none"> <li>jumpstart breakfast: mini dipperdoodle (1.3 oz)/string cheese/ fruit</li> <li>yogurt/granola/ fruit</li> </ul> <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> <li>skeeter honey grahams/cinnamon rumbles (df)</li> <li>kashi berry cereal/ zac strawberry bar</li> </ul> <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> <li>french toast muffin</li> <li>plain whole wheat bagel/ cream cheese</li> </ul> <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> <li>zac omega bar strawberry (df)</li> <li>banana muffin</li> </ul> <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> <li>blueberry burst whole grain bagel/cream cheese</li> <li>breakfast cinnamon crumble</li> </ul> <p style="text-align: right;">14</p>
<ul style="list-style-type: none"> <li>kashi berry cereal w/ mini dipperdoole</li> <li>zac omega bar apple (df)</li> </ul> <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> <li>cold bagel sandwich with turkey and cream cheese</li> <li>autumn spice muffin</li> </ul> <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> <li>dipper doodle bar (df)</li> <li>yogurt/dick and janes smart crackers</li> </ul> <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> <li>string cheese/skeeter cinnamon grahams</li> <li>breakfast cinnamon crumble</li> </ul> <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> <li>blueberry muffin</li> <li>plain whole wheat bagel/cream cheese</li> </ul> <p style="text-align: right;">21</p>
<ul style="list-style-type: none"> <li>string cheese/skeeter cinnamon grahams</li> <li>dipper doodle bar (2.3 oz) (df)</li> </ul> <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> <li>blueberry burst whole grain bagel/cream cheese</li> <li>yogurt/granola/ fruit</li> </ul> <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> <li>french toast muffin</li> <li>zac omega bar strawberry (df)</li> </ul> <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> <li>mini dipperdoodle (1.3 oz)/hard boiled egg/ fruit (df)</li> <li>autumn spice muffin (seasonal)</li> </ul> <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> <li>breakfast cinnamon crumble</li> <li>cold english muffin with turkey and cheese</li> </ul> <p style="text-align: right;">28</p>
<ul style="list-style-type: none"> <li>zac omega bar apple (df)</li> <li>string cheese/skeeter cinnamon grahams</li> </ul> <p style="text-align: right;">31</p>				

### what's new?

The seasonal favorite Autumn Spice Muffin is back! Look out for it on August 18 and August 27!

**Breakfast:** choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered twice per week.

**Dairy-free (DF) and vegetarian (V)** options available daily – if not listed on the menu, available upon request.

*This institution is an equal opportunity provider*

