

October 2023 Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 1 cup 1% milk 2 sl. WW cheese toast 1 turkey sausage ½ cup apple sauce 1 cup grape juice</p>	<p>3 1 cup 1% milk 1 scrambled egg 2 oz WW English Muffin ½ cup Mandarin oranges 1 cup pineapple juice</p>	<p>4 1 cup 1% milk 1½ cup Honey Nut Cheerios ½ cup peaches 6 oz blueberry yogurt 1 cup orange juice</p>	<p>5 1 cup 1% milk 2 oz raisin bagel 1 boiled egg ½ cup pears 1 cup apple juice</p>	<p>6 1 cup 1% milk 1 cup cinnamon oatmeal 6 oz strawberry yogurt ½ cup fruit cocktail 1 cup cran-apple juice</p>
<p>9 CENTER CLOSED</p> 	<p>10 1 cup 1% milk 1 scrambled egg 2 oz WW English Muffin ½ cup Mandarin oranges 1 cup pineapple juice</p>	<p>11 1 cup 1% milk 1½ cup Honey Nut Cheerios ½ cup peaches 6 oz blueberry yogurt 1 cup orange juice</p>	<p>12 1 cup 1% milk 2 oz raisin bagel 1 boiled egg ½ cup pears 1 cup apple juice</p>	<p>13 1 cup 1% milk 1 cup cinnamon oatmeal 6 oz strawberry yogurt ½ cup fruit cocktail 1 cup cran-apple juice</p>
<p>16 1 cup 1% milk 2 sl. WW cheese toast 1 turkey sausage ½ cup apple sauce 1 cup grape juice</p>	<p>17 1 cup 1% milk 1 scrambled egg 2 oz WW English Muffin ½ cup Mandarin oranges 1 cup pineapple juice</p>	<p>18 1 cup 1% milk 1½ cup Honey Nut Cheerios ½ cup peaches 6 oz blueberry yogurt ½ cup orange juice</p>	<p>19 1 cup 1% milk 2 oz raisin bagel 1 boiled egg ½ cup pears 1 cup apple juice</p>	<p>20 1 cup 1% milk 1 cup cinnamon oatmeal 6 oz strawberry yogurt ½ cup fruit cocktail 1 cup cran-apple juice</p>
<p>23 1 cup 1% milk 2 sl. WW cheese toast 6 oz peach yogurt ½ cup apple sauce 1 cup grape juice</p>	<p>24 1 cup 1% milk 1 scrambled egg 2 oz WW English Muffin ½ cup Mandarin oranges 1 cup pineapple juice</p>	<p>25 1 cup 1% milk 1½ cup Honey Nut Cheerios ½ cup peaches 6 oz blueberry yogurt ½ cup orange juice</p>	<p>26 1 cup 1% milk 2 oz raisin bagel 1 boiled egg ½ cup pears 1 cup apple juice</p>	<p>27 1 cup 1% milk 1 cup cinnamon oatmeal 6 oz strawberry yogurt ½ cup fruit cocktail 1 cup cran-apple juice</p>
<p>30 1 cup 1% milk 2 sl. WW cheese toast 6 oz peach yogurt ½ cup apple sauce 1 cup grape juice</p>	<p>31 1 cup 1% milk 1 scrambled egg 2 oz WW English muffin ½ cup Mandarin oranges 1 cup pineapple juice</p>		<p>** Menus are subject to change**</p> <p>WW= Whole Wheat WG= Whole Grain</p>	<p>**Substitutes are available for special diets**</p>



October 2023 Snack

Monday	Tuesday	Wednesday	Thursday	Friday
2 1 cup 1% milk 1 Nutri-grain bar	3 ½ cup apple juice 4 peanut butter crackers	4 1- 6 oz. peach yogurt ½ cup blueberries	5 1 cup 1% milk 4 oz granola bar	6 ½ cup applesauce 4 Honey Graham crackers
9 CENTER CLOSED 	10 ½ cup apple juice 4 peanut butter crackers	11 6 oz peach yogurt ½ cup blueberries	12 1 cup 1% milk 4 oz granola bar	13 ½ cup applesauce 4 Honey Graham crackers
16 1 cup 1% milk 1 Nutri-grain bar	17 ½ cup apple juice 4 peanut butter crackers	18 6 oz peach yogurt ½ cup blueberries	19 1 cup 1% milk 4 oz granola bar	20 ½ cup applesauce 4 Honey Graham crackers
23 1 cup 1% milk 1 Nutri-grain bar	24 ½ cup apple juice 4 peanut butter crackers	25 6 oz peach yogurt ½ cup blueberries	26 1 cup 1% milk 4 oz granola bar	27 ½ cup applesauce 4 Honey Graham crackers
30 1 cup 1% milk 1 Nutri-grain bar	31 ½ cup apple juice 4 peanut butter crackers		**Substitutes are available for special diets**	** Menus are subject to change**