

October

Breakfast

MENU SUBJECT TO CHANGE

“This institution is an equal opportunity provider.”

2024

Calorie limit for K-8 = 350-550

Calorie limit for 9-12 = 450-600

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Grab and Go Grain Assorted Fruit Or 100% Juice Milk -	Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk
7	8	9	10	11
Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk
14	15	16	17	18
Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk No School	Grab and Go Grain Assorted Fruit Or 100% Juice Milk No School
21	22	23	24	25
Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk
28	29	30	31	Nov 1
Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk