



October Breakfast Menu



Tricks & Treats

	Mon	Tue	Wed	Thu	Fri	Sat
1/2 Slice/Serving/1/4 cup 1/4 Cup 1/2 Cup				1 Waffles (WG) Peaches	2 Cereal (WG) Mandarin Oranges	1/2 Slice/Serving/1/4 Cup 3/4 Cup 3/4 Cup
1/2 Slice/Serving/1/4 cup 1/4 Cup 1/2 Cup	5 Toast (WG) Applesauce	6 Pancakes Pears	7 English Muffins (WG) Peaches	8 French Toast Sticks Applesauce	9 Cereal (WG) Pineapple	1/2 Slice/Serving/1/4 Cup 3/4 Cup 3/4 Cup
1/2 Slice/Serving/1/4 cup 1/4 Cup 1/2 Cup	12 Cinnamon Toast (WG) Mandarin Oranges	13 Waffles Applesauce	14 Toast (WG) Bananas	15 Pancakes (WG) Peaches	16 Cereal (WG) Pears	1/2 Slice/Serving/1/4 Cup 3/4 Cup 3/4 Cup
1/2 Slice/Serving/1/4 cup 1/4 Cup 1/2 Cup	19 Waffles (WG) Bananas	20 Toast (WG) Peaches	21 Waffles (WG) Fruit Cocktail	22 English Muffins (WG) Applesauce	23 Cereal (WG) Pineapple	1/2 Slice/Serving/1/4 Cup 3/4 Cup 3/4 Cup
1/2 Slice/Serving/1/4 cup 1/4 Cup 1/2 Cup	26 Cereal (WG) Pears	27 French Toast Sticks (WG) Bananas	28 Cinnamon Toast (WG) Applesauce	29 Waffles (WG) Peaches	30 Cereal (WG) Mandarin Oranges	*All meals are served with milk unless otherwise noted* **WG = Whole Grain**