

OCTOBER | 2023

High School Breakfast



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 Warm Muffin 100% Juice Yogurt Cup Fresh Fruit Choice of Milk	3 Warm Donut 100% Juice Yogurt Cup Fresh Fruit Choice of Milk	4 Hot Oatmeal 100% Juice Yogurt Cup Fresh Fruit Choice of Milk	5 Warm Bagel 100% Juice Yogurt Cup Fresh Fruit Choice of Milk	6 Warm Breakfast sandwich 100% Juice Yogurt Cup Fresh Fruit Choice of Milk
9 Warm Muffin 100% Juice Yogurt Cup Fresh Fruit Choice of Milk	10 Warm Donut 100% Juice Yogurt Cup Fresh Fruit Choice of Milk	11 Hot Oatmeal 100% Juice Yogurt Cup Fresh Fruit Choice of Milk	12 Warm Bagel 100% Juice Yogurt Cup Fresh Fruit Choice of Milk	13 NO SCHOOL
16 Warm Muffin 100% Juice Yogurt Cup Fresh Fruit Choice of Milk	17 Warm Donut 100% Juice Yogurt Cup Fresh Fruit Choice of Milk	18 Hot Oatmeal 100% Juice Yogurt Cup Fresh Fruit Choice of Milk	19 Warm Bagel 100% Juice Yogurt Cup Fresh Fruit Choice of Milk	20 Warm Breakfast Sandwich 100% Juice Yogurt Cup Fresh Fruit Choice of Milk
23 Warm Muffin 100% Juice Yogurt Cup Fresh Fruit Choice of Milk	24 Warm Donut 100% Juice Yogurt Cup Fresh Fruit Choice of Milk	25 Hot Oatmeal 100% Juice Yogurt Cup Fresh Fruit Choice of Milk	26 Warm Bagel 100% Juice Yogurt Cup Fresh Fruit Choice of Milk	27 Warm Breakfast Sandwich 100% Juice Yogurt Cup Fresh Fruit Choice of Milk
30 Warm Muffin 100% Juice Yogurt Cup Fresh Fruit Choice of Milk	31 Warm Donut 100% Juice Yogurt Cup Fresh Fruit Choice of Milk	1 1	2 2	3 3

News

No School Oct. 13th

Milk Choices-
1% White
1% Chocolate

Fruit Choices-
Apple
Banana
Pear
Apple Slices
Clementine
Fruit Cup



MONDAY

TUESDAY

2

3

9

10

16

17

18

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31

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