

# OCTOBER 2020

## Elementary Breakfast Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### DID YOU KNOW?

September in the Northern Hemisphere is similar to March in the Southern Hemisphere.

5  
CEREAL &  
GRAHAM  
CRACKERS  
FRUIT  
MILK

6  
WAFFLE  
PODS  
FRUIT  
MILK

7  
YOGURT &  
SEEDS  
FRUIT  
MILK

1  
NUTRITION  
BAR  
FRUIT  
MILK

2  
CEREAL &  
GRAHAM  
CRACKERS  
FRUIT  
MILK

8  
BENEFIT  
BAR  
FRUIT  
MILK

9  
CEREAL &  
GRAHAM  
CRACKERS  
FRUIT  
MILK

12  
NO  
SCHOOL

COLUMBUS DAY

13  
NUTRITION  
BAR  
FRUIT  
MILK

14  
BAGEL W/  
CREAM  
CHEESE  
FRUIT  
MILK

15  
PANCAKE  
PODS  
FRUIT  
MILK

16  
CEREAL &  
GRAHAM  
CRACKERS  
FRUIT  
MILK

19  
WHOLE  
GRAIN  
POP TART  
FRUIT  
MILK

20  
BREAKFAST  
COOKIE  
FRUIT  
MILK

21  
BAGLER  
FRUIT  
MILK

22  
CEREAL &  
GRAHAM  
CRACKERS  
FRUIT  
MILK

23  
NUTRITION  
BAR  
FRUIT  
MILK

26  
CEREAL &  
GRAHAM  
CRACKERS  
FRUIT  
MILK

27  
WHOLE  
GRAIN  
MIMI CINNIS  
FRUIT  
MILK

28  
BREAKFAST  
PIZZA  
FRUIT  
MILK

29  
YOGURT &  
SEEDS  
FRUIT  
MILK

30  
CEREAL &  
GRAHAM  
CRACKERS  
FRUIT  
MILK

When you have something for breakfast, you're not going to be starving by lunch.

Milk: 1%, Skim & Low-Fat Chocolate

No School on Columbus Day October 12th

### School Info

Please turn in your free & reduced applications by Monday October 19th

Menu is subject to change depending on availability of food product.

USDA is an equal opportunity provider