October 2020

K-12 Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			October 1, 2020	October 2, 2020
			**CINNAMON FROSTED FLAKES ^** Strawberry Square ^ Blended Fruit Juice Peach Cup Milk	**CHEERIOS ^** Maple Breakfast Square ^ Grape Juice Applesauce Cup Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
October 5, 2020	**October 6, 2020**	**October 7, 2020**	**October 8, 2020**	**October 9, 2020**
FRUIT LOOPS ^ Maple Breakfast Square ^ Orange-Tangerine Juice Craisins Milk	**APPLE JACKS ^** Vanilla Breakfast Square ^ Blended Fruit Juice Peach Cup Milk	**FROSTED FLAKES ^** Animal Graham Crackers ^ Strawberry-Kiwi Juice Craisins Milk	**COCOA PUFFS ^** Strawberry Square ^ Grape Juice Applesauce Cup Milk	**FROSTED MINI WHEATS ^** Graham Crackers ^ Orange-Tangerine Juice Peach Cup Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
October 12, 2020	**October 13, 2020**	**October 14, 2020**	**October 15, 2020**	**October 16, 2020**
GOLDEN GRAHAMS ^ Vanilla Breakfast Square Apple Juice Craisins Milk	**RICE KRISPIES ^** Cherry Breakfast Bar ^ Blended Fruit Juice Peach Cup Milk	**MINI WHEATS LITTLE BITES ^** Graham Crackers ^ Strawberry-Kiwi Juice Craisins Milk	**CINNAMON FROSTED FLAKES ^** Strawberry Square ^ Blended Fruit Juice Peach Cup Milk	**CHEERIOS ^** Maple Breakfast Square ^ Grape Juice Applesauce Cup Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
October 19, 2020	**October 20, 2020**	**October 21, 2020**	**October 22, 2020**	**October 23, 2020**
FRUIT LOOPS ^ Maple Breakfast Square ^ Orange-Tangerine Juice Craisins Milk	**APPLE JACKS ^** Vanilla Breakfast Square ^ Blended Fruit Juice Peach Cup Milk	**FROSTED FLAKES ^** Animal Graham Crackers ^ Strawberry-Kiwi Juice Craisins Milk	**COCOA PUFFS ^** Strawberry Square ^ Grape Juice Applesauce Cup Milk	**FROSTED MINI WHEATS ^** Graham Crackers ^ Orange-Tangerine Juice Peach Cup Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
October 26, 2020	**October 27, 2020**	**October 28, 2020**	**October 29, 2020**	**October 30, 2020**
GOLDEN GRAHAMS ^ Vanilla Breakfast Square Apple Juice Craisins Milk	**RICE KRISPIES ^** Cherry Breakfast Bar ^ Blended Fruit Juice Peach Cup Milk	**MINI WHEATS LITTLE BITES ^** Graham Crackers ^ Strawberry-Kiwi Juice Craisins Milk	**CINNAMON FROSTED FLAKES ^** Strawberry Square ^ Blended Fruit Juice Peach Cup Milk	**CHEERIOS ^** Maple Breakfast Square ^ Grape Juice Applesauce Cup Milk

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% OR FAT FREE WHITE MILK
*** MENU IS SUBJECT TO CHANGE ***
^ Denotes item is whole-grain/whole wheat
**** This institution is an equal opportunity provider ****