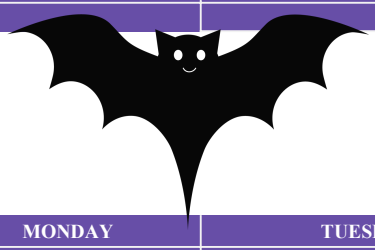
SPRINGS CHARTER SCHOOLS
Cherry Valley HOMESCHOOL COOPERATIVE

October 2021

K-12 Breakfast





				FRIDAY
				October 1, 2021
				BREAKFAST CHEERIOS^, Maple Breakfast Square^, Grape Juice, Applesauce Cup, Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 4, 2021	October 5, 2021	October 6, 2021	October 7, 2021	October 8, 2021
BREAKFAST FRUIT LOOPS^, Maple Breakfast Square^, Orange Tangerine Juice, Craisins, Milk	**BREAKFAST** APPLE JACKS^, Vanilla Breakfast Square^, Blended Fruit Juice, Peach Cup, Milk	**BREAKFAST** FROSTED FLAKES^, Animal Graham Crackers, Strawberry-Kiwi Juice, Craisins, Milk	**BREAKFAST** COCOA PUFFS^, Strawberry Square^, Grape Juice, Applesauce Cup, Milk	**BREAKFAST** FROSTED MINI WHEATS^, Graham Crackers^, Orange-Tangerine Juice, Peach Cup, Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 11, 2021	October 12, 2021	October 13, 2021	October 14, 2021	October 15, 2021
BREAKFAST GOLDEN GRAHAM CEREAL^, Vanilla Breakfast Square^, Apple Juice, Craisins, Milk	**BREAKFAST** RICE KRISPIES^, Cherry Breakfast Bar^, Blended Fruit Juice, Peach Cup, Milk	**BREAKFAST** MINI WHEATS LITTLE BITES^, Graham Crackers^, Strawberry-Kiwi Juice, Craisins, Milk	**BREAKFAST** CINNAMON FROSTED FLAKES^, Strawberry Square^, Blended Fruit Juice, Peach Cup, Milk	**BREAKFAST** CHEERIOS^, Maple Breakfast Square^, Grape Juice, Applesauce Cup, Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 18, 2021	October 19, 2021	October 20, 2021	October 21, 2021	October 22, 2021
BREAKFAST FRUIT LOOPS^, Maple Breakfast Square^, Orange Tangerine Juice, Craisins, Milk	**BREAKFAST** APPLE JACKS^, Vanilla Breakfast Square^, Blended Fruit Juice, Peach Cup, Milk	**BREAKFAST** FROSTED FLAKES^, Animal Graham Crackers, Strawberry-Kiwi Juice, Craisins, Milk	**BREAKFAST** COCOA PUFFS^, Strawberry Square^, Grape Juice, Applesauce Cup, Milk	**BREAKFAST** FROSTED MINI WHEATS^, Graham Crackers^, Orange-Tangerine Juice, Peach Cup, Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
October 25, 2021	October 26, 2021	October 27, 2021	October 28, 2021	October 29, 2021
BREAKFAST GOLDEN GRAHAM CEREAL^, Vanilla Breakfast Square^, Apple Juice, Craisins, Milk	**BREAKFAST** RICE KRISPIES^, Cherry Breakfast Bar^, Blended Fruit Juice, Peach Cup, Milk	**BREAKFAST** MINI WHEATS LITTLE BITES^, Graham Crackers^, Strawberry-Kiwi Juice, Craisins, Milk	**BREAKFAST** CINNAMON FROSTED FLAKES^, Strawberry Square^, Blended Fruit Juice, Peach Cup, Milk	**BREAKFAST** CHEERIOS^, Maple Breakfast Square^, Grape Juice, Applesauce Cup, Milk

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS 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 ****