


October

Palm Academy K-12 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	October 1, 2019 Breakfast RICE CHEX Cherry Breakfast Bar Blended Fruit Juice Peach Cup Milk	October 2, 2019 Breakfast TRIX CEREAL Graham Crackers Strawberry-Kiwi Juice Craisins Milk	October 3, 2019 Breakfast CINNAMON TOAST CRUNCH Strawberry Square Blended Fruit Juice SS Peach Cup Milk	October 4, 2019 Breakfast CHEERIOS Maple Breakfast Square Grape Juice Applesauce Cup Milk
October 7, 2019 Breakfast FRUITY CHEERIOS Maple Breakfast Square Orange Tangerine Juice Craisins Milk	October 8, 2019 Breakfast APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Blended Fruit Juice Peach Cup Milk	October 9, 2019 Breakfast FROSTED CORN FLAKES Animal Graham Crackers Strawberry-Kiwi Juice Craisins Milk	October 10, 2019 Breakfast COCOA PUFFS Strawberry Square Grape Juice Applesauce Cup Milk	October 11, 2019 Breakfast CINNAMON CHEX Graham Crackers Orange-Tangerine Juice Peach Cup Milk
October 14, 2019 Breakfast GOLDEN GRAHAM CEREAL Vanilla Breakfast Squares Apple Juice Craisins Milk	October 15, 2019 Breakfast RICE CHEX Cherry Breakfast Bar Blended Fruit Juice Peach Cup Milk	October 16, 2019 Breakfast TRIX CEREAL Graham Crackers Strawberry-Kiwi Juice Craisins Milk	October 17, 2019 Breakfast CINNAMON TOAST CRUNCH Strawberry Square Blended Fruit Juice SS Peach Cup Milk	October 18, 2019 Breakfast CHEERIOS Maple Breakfast Square Grape Juice Applesauce Cup Milk
October 21, 2019 Breakfast FRUITY CHEERIOS Maple Breakfast Square Orange Tangerine Juice Craisins Milk	October 22, 2019 Breakfast APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Blended Fruit Juice Peach Cup Milk	October 23, 2019 Breakfast FROSTED CORN FLAKES Animal Graham Crackers Strawberry-Kiwi Juice Craisins Milk	October 24, 2019 Breakfast COCOA PUFFS Strawberry Square Grape Juice Applesauce Cup	October 25, 2019 Breakfast CINNAMON CHEX Graham Crackers Orange-Tangerine Juice Peach Cup
October 28, 2019 Breakfast GOLDEN GRAHAM CEREAL Vanilla Breakfast Squares Apple Juice Craisins Milk	October 29, 2019 Breakfast RICE CHEX Cherry Breakfast Bar Blended Fruit Juice Peach Cup Milk	October 30, 2019 Breakfast TRIX CEREAL Graham Crackers Strawberry-Kiwi Juice Craisins Milk	October 31, 2019 Breakfast CINNAMON TOAST CRUNCH Strawberry Square Blended Fruit Juice SS Peach Cup Milk	

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% OR FAT FREE MILK

^ Denotes item is whole-grain/whole wheat.

** MENU SUBJECT TO CHANGE **

*This menu is free of peanuts, tree nuts, fish, and shellfish.

*** This institution is an equal opportunity provider.