

# October

## iShine K-12 Breakfast Menu

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