



unity meals

BRK C

MONDAY

OCTOBER

BREAKFAST

*MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Meal Pattern:

8 oz Milk

1 oz MMA (Meat) +

1 oz Whole Grain

or 2 oz Whole Grain

1 cup Fruit



All meals are served with fruit and a choice of milk
***All grains are whole grains**
*** This institution is an equal opportunity provider**

1

*Fun and Fruity Waffles
or
*Sunrise Muffin

2

*Cinnamon Crumble or
*Cereal Bowl (TRIX) +
Graham crackers

5

*Low-fat Yogurt and Granola or
*Cereal Bowl (Corn Flakes) +
Graham crackers

6

*Cinnamon Crumble Cake or
*Zucchini Bread

7

*Chocolate Waffles or *Cereal Bowl (Apple Cinnamon) +
Graham crackers

8

*Pan Dulce (Pink) or
*Blueberry Muffin

9

*WOWbutter uncrustable or
*Cereal Bowl (Cinnamon Toast Crunch) + Graham crackers

12

*Chocolate Chip Muffin or *Cereal Bowl (Cinnamon Toast Crunch) with Graham crackers

13

*Cereal Bar with Graham crackers or *Sunrise Muffin

14

*Pancake Bowl or
*Cereal Bowl (Corn Flakes) +
Graham crackers

15

*Pan Dulce (Pink) or *Zucchini Bread

16

* Sweet Potato Chocolate chip muffin top or
*Cereal Bowl (Apple Cinnamon) +
Graham crackers

19

*Cereal Bar with Graham crackers or *Cereal Bowl (Cheerios) +
Graham crackers

20

*Double Chocolate Muffin or *Low-fat Yogurt and Granola

21

*Pan Dulce (Vanilla) or
*Cereal Bowl (Cocoa Puffs) +
Graham crackers

22

*Fun and Fruity Waffles or *Zucchini Bread

23

*Blueberry Crumble or
*Cereal bowl (TRIX) +
Graham crackers

26

*Low-fat Yogurt and Granola or
*Cereal Bowl (Corn Flakes)

27

*Mantecada Muffin or
*Zucchini Bread

28

*Chocolate Waffles or
*Cereal Bowl (Apple Cinnamon) +
Graham crackers

29

*Cinnamon Crumble Cake or
*Blueberry Muffin

30

*Double Chocolate Muffin or *Cereal Bowl (Cheerios) +
Graham crackers