

# OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
				1 French Toast Minis Orange Juice Apple
4 Sausage Sandwich Oranges Apple Juice	5 Muffin String Cheese Amazing Raisins Orange Juice	6 Go-Gurt Yogurt Teddy Grahams, Honey Oranges Apple Juice	7 Cherry Strudel Stick String Cheese Orange Juice Apple	8 Sunrise Stick Bananas Apple Juice
11 Egg & Cheese Eng Muffin Apple Juice Oranges	12 Breakfast on a Stick Applesauce Cup Orange Juice	13 Donut Holes Oranges Apple Juice	14 Breakfast Croissant Apple Orange Juice	15 Cinnamon Toast Crunch Soft Bar Apple Juice Oranges
18	19 Cereal Bar String Cheese Apple Juice Raisins	20 POWERBITES Teddy Grahams, Honey Orange Juice Apple	21 NutriGrain Bar String Cheese Apple Orange Juice	22 FRENCH TOAST BITES String Cheese Apple Juice Oranges
25 Mini Cinnis String Cheese Oranges Apple Juice	26 Breakfast on a Stick Applesauce Cup Orange Juice	27 MINI DONUTS Donut Holes Apple Juice Oranges	28 GRAPE CRESCENT ROLLS Orange Juice Bananas	29 Mini Blueberry Waffles Bananas Apple Juice

Lunch provides meat/meat alternate, whole grain rich items, vegetables, fruit, and milk. Breakfast provides whole grain rich items, meat/meat alternate, fruit/vegetables, and milk. A variety of milk is offered for both meals. For lunch, students must choose at least three of the components offered, with one of those three including at least 1/2 cup of fruit or vegetables. Students may select all five items if they desire. For breakfast, students must select at least three items with one being at least 1/2 cup of fruit or vegetable, or they may select all items. Thanks to USDA waivers, student meals are offered this year at no charge!