

OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cinnamon Toast Crunch Soft Bar String Cheese Teddy Grahams Juice Chilled Fruit
4 Muffin String Cheese Juice Chilled Fruit	5 Cherry Strudel Stick String Cheese Chilled Fruit Juice	6 NutriGrain Bar Go-Gurt Yogurt Fruit Cup Juice	7 Breakfast Calzone String Cheese Juice Chilled Fruit	8 Poptart Go-Gurt Yogurt Juice Chilled Fruit
11 Fruit Loops String Cheese Juice Chilled Fruit	12 Cocoa Puff Soft Bar Go-Gurt Yogurt Juice Chilled Fruit	13 Poptart Go-Gurt Yogurt Juice Chilled Fruit	14 Breakfast Calzone Go-Gurt Yogurt Juice Chilled Fruit	15 Fruit Loops Go-Gurt Yogurt Juice Chilled Fruit
18 Muffin String Cheese Juice Chilled Fruit	19 Mini Cinnis String Cheese Juice Chilled Fruit	20 NutriGrain Bar Go-Gurt Yogurt Fruit Cup Juice	21 Poptart String Cheese Juice Chilled Fruit	22 Cherry Strudel Stick String Cheese Juice Chilled Fruit
25 Muffin String Cheese Juice Chilled Fruit	26 Grilled Cheese Sandwich Fruit Cup Juice	27 Poptart Go-Gurt Yogurt Juice Fresh Fruit	28 Sausage Patty Biscuit Chilled Fruit Juice	29 Fruit Loops Go-Gurt Yogurt Juice Chilled Fruit

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!