



October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10/1 Choose One French Toast Sticks (57g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>	<p>10/2 Choose One Egg/Cheese and Salsa Wrap (38g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>	<p>10/3 Choose One Turkey Sausage, Egg, & Cheese Pancake Sandwich (32g) Apple Blueberry Chip Bar (48g)</p>	<p>10/4 Choose One Apple (36g) or Cherry (37g) Frudel Assorted Bagel (29-35g)/Cream Cheese (2g)</p>	<p>10/5 Choose One Grape-Filled Crescent Roll (35g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>
<p>10/8 Choose One Cinnabar (45g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>	<p>10/9 Choose One Egg & Cheese Croissant (28g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>	<p>10/10 Choose One Turkey Sausage & Cheese Pancake Sandwich (31g) Apple Blueberry Chip Bar (48g)</p>	<p>10/11 Choose One Yogurt Parfait (63-78g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>	<p>10/12 Choose One Assorted Pancakes (36-40g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>
<p>10/15 Choose One French Toast Sticks (57g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>	<p>10/16 Choose One Egg/Cheese and Salsa Wrap (38g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>	<p>10/17 Choose One Turkey Sausage, Egg, & Cheese Pancake Sandwich (32g) Apple Blueberry Chip Bar (48g)</p>	<p>10/18 Choose One Apple (36g) or Cherry (37g) Frudel Assorted Bagel (29-35g)/Cream Cheese (2g)</p>	<p>10/19 NO SCHOOL</p>
<p>10/22 Choose One Cinnabar (45g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>	<p>10/23 Choose One Egg & Cheese Croissant (28g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>	<p>10/24 NO SCHOOL</p>	<p>10/25 Choose One Yogurt Parfait (63-78g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>	<p>10/26 Choose One Assorted Pancakes (36-40g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>
<p>NO PORK OR NUT PRODUCTS OFFERED.</p> <p>NUTRIENT AND INGREDIENT CONTENT AVAILABLE UPON REQUEST.</p>	<p>This institution is an equal opportunity provider.</p> <p>Menu is subject to change.</p> <p>Rev 9/24/2018</p>	<p>A variety of fresh fruits, choice of 1% low fat white milk (13g), skim chocolate milk (24g), orange juice (14g), and apple juice (14g), are offered daily with breakfast.</p> <p>CHOOSE ONE MAIN ENTRÉE OR CHOOSE TWO OF THE FOLLOWING AT BREAKFAST: Assorted Cereals (20-27g) Cheese Stick (1g) Cinnamon Roll (20g) Graham Cracker (19g) Hard Boiled Egg (1g) Muffins (26-28g) Yogurt (14-16g)</p>		