

October 2018  
K-12 Cold Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
<b>10/1</b>	<b>10/2</b>	<b>10/3</b>	<b>10/4</b>	<b>10/5</b>
4 oz 100% Juice (15) ½ cup Applesauce (15) 1 oz WG Trix (24) 1 oz WG Graham Crackers (19) Milk (12)	4 oz 100% Juice (15) ½ c Fresh Apple (15) Blueberry Muffin(30) Milk (12)	4 oz 100% Juice (15) ¼ c Craisins (28) 1 oz WG Golden Grahams(24) 1 oz WG Animal Crackers (23) Milk (12)	4 oz 100% Juice (15) ½ c Fresh Orange (15) Cherry Bar (43) Milk(12)	4 oz 100% Juice (15) ½ c Fresh Banana (15) 2 oz eq Crunch Mania (37) Milk (12)
<b>10/8</b>	<b>10/9</b>	<b>10/10</b>	<b>10/11</b>	<b>10/12</b>
4 oz 100% Juice (15) ½ cup Applesauce (15) 1 oz WG Cinnamon Chex(22) 1 oz WG Graham Crackers (19) Milk (12)	4 oz 100% Juice (15) ½ c Fresh Apple (15) String Cheese 1 oz WG Animal Crackers (23) Milk (12)	4 oz 100% Juice (15) ¼ c Craisins (28) 2 oz equ Triple Berry Bar (42) Milk (12)	4 oz 100% Juice (15) ½ c Fresh Orange (15) 1 oz WG Trix (24) 1 oz WG Animal Crackers (23) Milk (12)	4 oz 100% Juice (15) ½ c Fresh Banana (15) 2 oz eq Cinnamon Raisin Bagel (40) Margarine Cup Milk (12)
<b>10/15</b>	<b>10/16</b>	<b>10/17</b>	<b>10/18</b>	<b>10/19</b>
4 oz 100% Juice (15) ½ cup Applesauce (15) 1 oz WG Fruity Cheerios (25) 1 oz WG Graham Crackers (19) Milk (12)	4 oz 100% Juice (15) ½ c Fresh Apple (15) Cherry Bar (43) Milk (12)	4 oz 100% Juice (15) ¼ c Craisins (28) 2 oz eq Lemon Crunch (42) Milk (12)	4 oz 100% Juice (15) ½ c Fresh Orange (15) 2 oz eq Crunch Mania (37) Milk (12)	4 oz 100% Juice (15) ½ c Fresh Banana (15) 1 oz WG Cheerios (20) 1 oz WG Graham Crackers (19) Milk (12)
<b>10/22</b>	<b>10/23</b>	<b>10/24</b>	<b>10/25</b>	<b>10/26</b>
4 oz 100% Juice (15) ½ cup Applesauce (15) 1 oz WG Apple Zing (19) 1 oz WG Graham Crackers (19) Milk (12)	4 oz 100% Juice (15) ½ c Fresh Apple (15) Bagel (40) Jelly Cup (9) Milk (12)	4 oz 100% Juice (15) ¼ c Craisins (28) Banana Muffin (30) Milk (12)	4 oz 100% Juice (15) ½ c Fresh Orange (15) 1 oz WG Cinnamon Chex(22) Milk (12)	4 oz 100% Juice (15) ½ c Fresh Banana (15) 1 oz eq Strawberry Oatmeal Bar (23) 1 oz WG Goldfish Grahams(19) Milk (12)
<b>10/29</b>	<b>10/30</b>	<b>10/31</b>		
4 oz 100% juice (15) ½ cup Applesauce (15) 1 oz WG Cinnamon Toast Crunch (22) 1 oz WG Graham Crackers (19) Milk (12)	4 oz 100% Juice (15) ½ c Fresh Apple (15) Triple Berry Bar (42) Milk (12)	4 oz 100% Juice (15) ¼ c Craisins (28) Apple Cinnamon Muffin(30) String Cheese Milk (12)		



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