

Breakfast Meal Pattern - K-8th

Select a minimum of 3 components

- 1 fruit/ vegetable = 1 cup**
- fruit/juice and/or vegetable**
- 1 whole grain rich selection(s) = 1oz**
- biscuit, roll, muffin, bread, cereal**
- 1 milk = 1 Cup**
- fluid milk**

Menu is subject to change
without notice



**This institution is an
equal opportunity
provider.**

OCTOBER 2022 Breakfast Calendar

NORTHSIDE

	Mon	Tue	Wed	Thu	Fri
	3 Mini Cinnamon Pull Apart Cheese Sticks 100% Fruit Juice Raisins Milk	4 Chat Snax Yogurt 100% Fruit Juice Banana Milk	5 Cereal Bar Cheddar Goldfish 100% Fruit Juice Apple Milk	6 Crunch Mania 100% Fruit Juice Apple Slices Milk	7 NO SCHOOL
	10 Super Donut 100% Fruit Juice Apple	11 Teddy Grahams Cold Cereal 100% Fruit Juice Cranberries Milk	12 Mini Donut Cheese Stick 100% Fruit Juice Raisins Milk	13 Mini Muffin 100% Fruit Juice Apple Slices Milk	14 Cinnamon Toast Cream Cheese Pastry 100% Fruit Juice Applesauce Cup Milk
	17 Cold Cereal Scooby Sticks 100% Fruit Juice Raisins Milk	18 Mini Cinnamon Pull Apart 100% Fruit Juice Banana Milk	19 Pop Tart 100% Fruit Juice Apple Slices Milk	20 Bug Bites Yogurt 100% Fruit Juice Applesauce Cup Milk	21 Strawberry & Cheese Bagel 100% Fruit Juice Apple Milk
	24 Cinnamon Toast Cereal Bar 100% Fruit Juice Applesauce Cup Milk	25 Apple Frudel 100% Fruit Juice Banana Milk	26 Mini Muffins Cheese Sticks 100% Fruit Juice Cherry Craisins Milk	27 Breakfast Pastry 100% Fruit Juice Apple Slices Milk	28 NO SCHOOL
	31 Cold Cereal Cookies & Cream Bar 100% Fruit Juice Cranberries Milk				