

October Breakfast Menu

1 st Strawberry Pop Tart (Whole Grain) w/ Cheese Stick Choice of Fruit & Milk	2 nd Cocoa Puff Cereal Bar (Whole Grain) w/ Cheese Stick Choice of Fruit & Milk	3 rd Apple Cinnamon Nutrigrain Bar w/ Cheese Stick Choice of Fruit & Milk	4 th Blueberry Muffin w/ Cheese Stick Choice of Fruit & Milk	5 th Cocoa Puff Cereal Bar (Whole Grain) w/ Cheese Stick Choice of Fruit & Milk
8 th NO SCHOOL COLUMBUS DAY	9 th Trix Cereal Bar (Whole Grain) w/ Cheese Stick Choice of Fruit & Milk	10 th Cinnamon Toast Crunch Bag w/ Cheese Stick Choice of Fruit & Milk	11 th Chocolate Chip Muffin w/ Cheese Stick Choice of Fruit & Milk	12 th Fudge Pop Tart (Whole Grain) w/ Cheese Stick Choice of Fruit & Milk
15 th Strawberry Nutrigrain Bar w/ Cheese Stick Choice of Fruit & Milk	16 th Cinnamon Toast Crunch Bag w/ Cheese Stick Choice of Fruit & Milk	17 th Fudge Pop Tart (Whole Grain) w/ Cheese Stick Choice of Fruit & Milk	18 th Blueberry Muffin w/ Cheese Stick Choice of Fruit & Milk	19 th NO SCHOOL SCHOOL IMPROVEMENT DAY
22 nd Cocoa Puff Cereal Bar (Whole Grain) w/ Cheese Stick Choice of Fruit & Milk	23 rd Blueberry Pop Tart (Whole Grain) w/ Cheese Stick Choice of Fruit & Milk	24 th Apple Cinnamon Nutrigrain Bar w/ Cheese Stick Choice of Fruit & Milk	25 th Banana Muffin (NO NUT) w/ Cheese Stick Choice of Fruit & Milk	26 th Blueberry Nutrigrain Bar w/ Cheese Stick Choice of Fruit & Milk
29 th Mixed Berry Rice Krispie Bar (Whole Grain) w/ Cheese Stick Choice of Fruit & Milk	30 th Cinnamon Toast Crunch Bag w/ Cheese Stick Choice of Fruit & Milk	31 st Strawberry Nutrigrain Bar w/ Cheese Stick Choice of Fruit & Milk		

Breakfast is offered daily for \$1.00

Have Questions?

Contact Cheryl Witas at 708-614-4500 or cwitas@district146.org