



October 2022 Breakfast & Snack

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Breakfast: WG Oat Square Cereal, Peaches & Milk Snack: Yogurt & Animal Crackers	4 Breakfast: Cinnamon Toast (WG), Blueberries & Milk Snack: String Cheese & WG Crackers	5 Breakfast: WG Multi Grain Cheerios Cereal, Pineapple & Milk Snack: Applesauce & Graham Crackers	6 Breakfast: Multi-Grain English Muffin with Sun butter & Tropical Fruit & Milk Snack: Cottage Cheese & Pears	7 Breakfast: WG Rice Krispies Cereal, Kiwi & Milk Snack: Broccoli/ Cauliflower & Wheat Crackers
10 Breakfast: WG Corn Flakes Cereal, Mango & Milk Snack: Banana & Graham Crackers	11 Breakfast: 100% WW Toast, Sausage, Pears & Milk Snack: Crackers & Cucumber	12 Breakfast: WG Oat Square Cereal, Blueberries & Milk Snack: Turkey, Cheese Cubes & WW Crackers	13 Breakfast: 100% WW Tortilla, Egg & Cheese Burrito, Watermelon & Milk Snack: Pineapple & Animal Crackers	14 Breakfast: WG Special K Cereal, Mandarin Oranges & Milk Snack: Sun Butter Grahams
17 Breakfast: KIX, Peaches & Milk Snack: Apples & Sun Butter	18 Breakfast: 100% WW Bagels, Kiwi & Milk Snack: Yogurt & Grahams	19 Breakfast: WG Corn Flakes Cereal, Bananas & Milk Snack: 100% WW Bread & Chicken Salad	20 Breakfast: 100% WW Ham & Cheese Sandwiches, Applesauce & Milk Snack: Cheese Quesadillas and Salsa	21 Bloom Closed Staff Development Day
24 Breakfast: WG Rice Krispies, Mandarin Oranges & Milk Snack: Cheese, WW Breadstick & Marinara	25 Breakfast: 100% WW Bread, Hashbrowns, Blueberries & Milk Snack: Tomato Soup & Goldfish Crackers	26 Breakfast: WG Life Cereal, Tropical Fruit & Milk Snack: 100% WW Bread, Turkey Sandwiches	27 Breakfast: WW Bread, Egg Bake with Ham & Cheese, Applesauce & Milk Snack: Banana Sun Butter Wraps	28 Breakfast: WG Corn Flakes Cereal, Mangos & Milk Snack: Graham Crackers & Oranges
31 Breakfast: WG Oat Square Cereal, Peaches & Milk Snack: Yogurt & Animal Crackers				

Nutritional Notes:

- All pastas and bread are 100% Whole Wheat.
- Yogurt contains no more than 23 grams of sugar per 6 oz.
- All cereal served is fortified or contains more than 51% whole grains & no more than 21 grams of sugar per 100 grams.
- Fruits & Cereal are subject to change due to availability.
- WW = Whole Wheat
WG = Whole Grain
- 1- 2 years whole milk
2 years and older skim milk