



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Bag Breakfast</b> Golden Grahams Cereal Animal Grahams Craisins 100% Juice 1% White Milk or 1% Chocolate Milk	<b>Bag Breakfast</b> Apple Nutrigrain Bar Vanilla Goldfish Pineapple Cup 100% Juice 1% White Milk or 1% Chocolate Milk	<b>Bag Breakfast</b> Double Chocolate Chip Muffin Vanilla Goldfish Craisins 100% Juice 1% White Milk or 1% Chocolate Milk	<b>Bag Breakfast</b> Cinnamon Toast Crunch Cereal Animal Grahams Craisins 100% Juice 1% White Milk or 1% Chocolate Milk
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Bag Breakfast</b> Blueberry Chex Cereal Animal Grahams Craisins 100% Juice 1% White Milk or 1% Chocolate Milk	<b>Bag Breakfast</b> Golden Grahams Bar Vanilla Goldfish 100% Juice Fruit Cup 1% White Milk or 1% Chocolate Milk	<b>Bag Breakfast</b> WG Bagel with Cream Cheese Fresh Apple 100% Juice 1% White Milk or 1% Chocolate Milk	<b>Bag Breakfast</b> Trix Cereal Bar Animal Grahams Mandarin Orange Cup 100% Juice 1% White Milk or 1% Chocolate Milk	<b>Bag Breakfast</b> Apple Roll Craisins 100% Juice 1% White Milk or 1% Chocolate Milk
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>Bag Breakfast</b> Cocoa Puffs Cereal Bar Animal Grahams Mixed Fruit Cup 100% Juice 1% White Milk or 1% Chocolate Milk	<b>Bag Breakfast</b> Cinnamon Toast Crunch Cereal Vanilla Goldfish Craisins 100% Juice 1% White Milk or 1% Chocolate Milk	<b>Bag Breakfast</b> WG Bagel with Cream Cheese Fresh Apple 100% Juice 1% White Milk or 1% Chocolate Milk	<b>Bag Breakfast</b> Strawberry Nutrigrain Bar Vanilla Goldfish Pineapple Cup 100% Juice 1% White Milk or 1% Chocolate Milk	<b>Bag Breakfast</b> WG Goody Bun Fresh Apple 100% Juice 1% White Milk or 1% Chocolate Milk
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>Bag Breakfast</b> Raisin Bran Cereal WG Animal Grahams Diced Peach cup 100% Juice 1% White Milk or 1% Chocolate Milk	<b>Bag Breakfast</b> WG Banana Muffin Mini Vanilla Goldfish Craisins 100% Juice 1% White Milk or 1% Chocolate Milk	<b>Bag Breakfast</b> WG Bagel with Cream Cheese Fresh Apple 100% Juice 1% White Milk or 1% Chocolate Milk	<b>Bag Breakfast</b> Frosted Flakes Vanilla Goldfish Craisins 100% Juice 1% White Milk or 1% Chocolate Milk	<b>Bag Breakfast</b> WG Cinnamon Bun Mixed Fruit Cup 100% Juice 1% White Milk or 1% Chocolate Milk
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>Bag Breakfast</b> Blueberry Nutrigrain Bar Vanilla Goldfish Diced Pear Cup 100% Juice 1% White Milk or 1% Chocolate Milk	<b>Bag Breakfast</b> Blueberry Chex Cereal Animal Grahams Craisins 100% Juice 1% White Milk or 1% Chocolate Milk	<b>Bag Breakfast</b> Cinnamon Goldfish Cracker Fresh Apple 100% Juice Dannon Nonfat Creamy Yogurt 1% White Milk or 1% Chocolate Milk	<b>Bag Breakfast</b> WG Blueberry Muffin Animal Grahams Craisins 100% Juice 1% White Milk or 1% Chocolate Milk	
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> <b>Happy Halloween!</b>	



### Thought for Thought

### Tips & Information

#### Halloween Fun Facts:

- 1) The holiday has been around for about 6000 years and it is believed to have originated around 4000 B.C. in Ireland.
- 2) Americans spend about \$6.9 billion on Halloween – most of it for candy, costumes and parties
- 3) Pumpkins are a fruit, not a vegetable
- 4) Candy corn was originally named "chicken feed"

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"or." = An alternative selection to choose. "WG"=Whole Grain  
1% White & 1%Chocolate Milk  
available daily.



**\*\*Menu Subject to Change\*\***