

# October

# Breakfast

MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider."

# 2023

Calorie limit for K-8 = 350-550

Calorie limit for 9-12 = 450-600

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk
9	10	11	12	13
Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk
16	17	18	19	20
Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk <b>No School, St. Martin's, Hope, Rollingstone</b>	Grab and Go Grain Assorted Fruit Or 100% Juice Milk <b>No School, St. Martin's, Hope, Rollingstone</b>
23	24	25	26	27
Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk
30	31	November 1	November 2	November 3
Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk	Grab and Go Grain Assorted Fruit Or 100% Juice Milk