



# OCTOBER

## THATCHER BREAKFAST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Bento Bites**  
(Hard Boiled Egg, Juice, Crackers, Fruit) 1 ea.  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

**Apple Muffins**  
1 ea.  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

**WG Waffle Bar**  
1 serving  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

**Breakfast Sandwich**  
1 serving  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

**Bagel with Cream Cheese**  
1 serving  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

**BF Banana Split**  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

**Cherry Frudel 1ea.**  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

No School

**Bento Bites**  
(Hard Boiled Egg, Juice, Crackers, Fruit) 1 ea.  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

**Breakfast Muffin**  
1 ea.  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

**WG Donut**  
1 serving  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

**Daily Offering:**  
Cereal bowl with graham offered daily as alternate entrée option.  
Vegetarian offering.

**Egg & Cheese Biscuit**  
1 serving  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

**Bagel with Cream Cheese**  
1 serving  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

**Breakfast Banana Split** 1 ea.  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

**Apple or Cherry Frudel 1 ea.**  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

**Breakfast Box**  
Contains a variety of whole grains, proteins and fruit such as: bagel, cheese, and apple slices.

**Fresh Fruit & Yogurt Parfait** 1 ea.  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

**Breakfast Pizza**  
1 serving  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

**Apple Muffins**  
1 ea.  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

**WG Waffle Bar**  
1 serving  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk



Key: BeWell Healthy Choice Vegetarian (Ovo-Lacto) Local

This institution is an equal opportunity provider

For questions and comments, please email the Food Service Director at [xxx@aviands.com](mailto:xxx@aviands.com) or call xxx-xxx-xxxx

ELIOR NORTH AMERICA