

OCTOBER 2024

City Day

Breakfast Calendar

Breakfast Meal Pattern - K-8th

Select a minimum of 3 components

Fruit/ Vegetable = minimum 1 cup

--fruit juice and/or vegetable

Whole grain rich (WG) selection(s) =

minimum oz -- biscuit, roll, muffin,
bread, cereal

1 milk = 1 cup

-- fluid milk

1% and 1% chocolate served daily

**Menu is subject to change
based on product availability**



**This institution is an
equal opportunity
provider.**

	Mon	Tue	Wed	Thu	Fri
		1 Cereal Bar Yogurt Banana 100% Fruit Juice	2 Vanilla Goldfish Cold Cereal Apple Slices 100% Fruit Juice	3 Pop Tart Cinnamon Goldfish Apple 100% Fruit Juice	4 Mini Donut Holes String Cheese Strawberry Craisins 100% Fruit Juice
	7 Super Donut Cheddar Goldfish 100% Fruit Juice Apple	8 Pop Tart Yogurt 100% Fruit Juice Raisins	9 Scooby Stick Cold Cereal 100 % Fruit Juice Banana	10 Mini Muffin String Cheese 100% Fruit Juice Raisins	11 Cinnamon Toast Crunch Pastry Cheddar Goldfish 100% Fruit Juice Strawberry Craisins
14 No School 	15 No School 	16 Super Star Donuts Cheddar Goldfish 100% Fruit Juice Banana	17 Banana Bread Yogurt 100% Fruit Juice Raisins	18 Mini Cinnis String Cheese 100% Fruit Juice Apples	
21 Mini Muffin Yogurt 100% Fruit Juice Raisins	22 Scooby Stick Cold Cereal 100 % Fruit Juice Apple	23 Pop Tart String Cheese 100% Fruit Juice Banana	24 Cereal Bar Cinnamon Goldfish 100% Fruit Juice Cranberries	25 Super Donut Cheddar Goldfish 100% Fruit Juice Apple	
28 Mini Donut Holes Yogurt 100% Fruit Juice Apple Slices	29 Super Star Donuts Rainbow Goldfish 100% Fruit Juice Cranberries	30 Mini Cinnis String Cheese 100% Fruit Juice Apple	31 Cereal Bar Cinnamon Goldfish 100% Fruit Juice Raisins		