

# VISTA GRANDE BREAKFAST

## October 2023



	Monday	Tuesday	Wednesday	Thursday	Friday	
	2 Cereal, Cheese Stick, Clementine, Milk	3 , Granola, Yogurt, Banana, Milk	4 Ham and Cheese Breakfast English Muffin, Pear, Milk	5 Zucchini Muffins, Orange Slices, Milk	6 Breakfast Burrito, Fruit, Milk	
	9 No School	10 Breakfast Sandwich w/Boiled Egg, , BananaMilk	11 Rice Pudding, Raisins, Apple Juice, Milk	12 Breakfast Burrito, Apple,, Milk	13 Breakfast Quesadilla, Fruit Salad, Milk	
	16 English Muffin Hard Boiled Egg, Apple, Milk	17 Zucchini Bread, Cheese Stick, Banana, Milk	18 Quinoa Cereal, Berries, Milk	19 Blue Corn Bread, Hard Boiled Egg, Orange slices, Milk	20 Breakfast Burrito, Apple,, Milk	
	23 Cereal, Cheese Stick, Banana, Milk	24 , Granola, Yogurt, Berries, Milk	25 Blue Corn Atole, Cheese stick, Apple, Milk	26 English Muffins, W Jam, Banana, Milk	27 Breakfast Burrito, Orange,, Milk	
	30 Yogurt Parfait, Berries, Milk	31 Breakfast Sandwich w/ Boiled Egg, Banana, Milk				

