

Monday

Tuesday

Wednesday

Thursday

Friday

5
 Whole Grain Cereal
 Whole Grain Muffin
 Fruit
 Milk

6
 Whole Grain Waffles
 Syrup
 Fruit
 Milk

7
 Whole Grain Cereal
 Whole Grain Muffin
 Fruit
 Milk

8
 Egg & Cheese
 Sandwich (V)
 Fruit
 Milk

9
 Whole Grain Cereal
 Whole Grain Muffin
 Fruit
 Milk

12
 NO SCHOOL
 COLUMBUS DAY

13
 Whole Grain
 French Toast Sticks
 Syrup
 Fruit
 Milk

14
 Whole Grain Cereal
 Whole Grain Muffin
 Fruit
 Milk

15
 Egg & Cheese
 Sandwich (V)
 Fruit
 Milk

16
 Whole Grain Cereal
 Whole Grain Muffin
 Fruit
 Milk

19
 Whole Grain Cereal
 Whole Grain Muffin
 Fruit
 Milk

20
 Whole Grain Waffles
 Syrup
 Fruit
 Milk

21
 Whole Grain Cereal
 Whole Grain Muffin
 Fruit
 Milk

22
 Egg & Cheese
 Sandwich (V)
 Fruit
 Milk

23
 Whole Grain Cereal
 Whole Grain Muffin
 Fruit
 Milk

26
 Whole Grain Cereal
 Whole Grain Muffin
 Fruit
 Milk

27
 Whole Grain
 French Toast Sticks
 Syrup
 Fruit
 Milk

28
 Whole Grain Cereal
 Whole Grain Muffin
 Fruit
 Milk

29
 Egg & Cheese
 Sandwich (V)
 Fruit
 Milk

30
 Whole Grain Cereal
 Whole Grain Muffin
 Fruit
 Milk

Please speak to the school nurse, cook, or kitchen staff regarding food allergies or intolerances.

