


Monday

Tuesday

Wednesday

Thursday
Friday
5

Cereal Grab N Go Bag
1% White Milk
Apple Juice Cup

6

French Toast Sticks
Sausage Patty
Syrup Cup
1% White Milk
Orange Juice Cup

7

Trix Yogurt Cup
WG ½ Zee's Berry Apple Bar
1% White Milk
Apple Sauce Cup

8

Whole Grain Muffin Day!
1% White Milk
Juice Cup or Fruit

9

No School
Staff Development Day

12

No School
Columbus Day

13

Cereal Grab N Go Bag
1% White Milk
Apple Juice Cup

14

Trix Yogurt Cup
Whole Grain Grahams
1% White Milk
Juice Cup or Fruit

15

Whole Grain Bagel
w/Cream Cheese
1% White Milk
Juice Cup or Fruit

16

☺ Breakfast Wrap ☺
Egg & Cheese Omelet
On WG Wrap
1% White Milk
Juice Cup or Fruit

19

Cereal Grab N Go Bag
1% White Milk
Apple Juice Cup

20

Whole Grain Stuffed Bagel
w/Cinnamon Cream Cheese
1% White Milk
Juice Cup or Fruit

21

Trix Yogurt Cup
Whole Grain ½ Lemon Bread
1% White Milk
Juice Cup or Fruit

22

WG Donut Day!
1% White Milk
Juice Cup or Fruit

23

No School
Dellavale Farm Class Trip

26

Cereal Grab N Go Bag
1% White Milk
Apple Juice Cup

27

Blueberry Mini Waffles
Syrup Cup
1% White Milk
Orange Juice Cup

28

No School
Parent –Teacher Conference

29

Whole Grain Muffin Day!
1% White Milk
Juice Cup or Fruit

30

Whole Grain Bagel
w/Cream Cheese
1% White Milk
Juice Cup or Fruit