



OCTOBER | 2017

Breakfast Menu: CHS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Yogurt Trix Fresh Fruit Fruit Juice Milk	3 Lucky Charms Iced cinnamon bars Fresh Fruit Fruit Juice Milk	4 Blueberry loaf Cinnamon Chex Fresh fruit Fruit juice Milk	5 Cocoa Puffs Apple granola bar Fresh fruit Fruit Juice Milk	6 Mini Cinnamon bagels Fresh fruit Fruit Juice Milk
9 Yogurt Blueberry loaf Fresh Fruit Fruit Juice Milk	10 Lucky Charms Iced cinnamon bars Fresh Fruit Fruit Juice Milk	11 Banana loaf Cinnamon Chex Fresh fruit Fruit juice Milk	12 Golden grahams Apple granola bar Fresh fruit Fruit juice Milk	13 Mini French toast Cheese stick Fresh fruit Fruit Juice Milk
16 Trix Apple granola bar Fresh fruit Fruit Juice Milk	17 Yogurt Cinnamon Toast Crunch Fresh Fruit Fruit Juice Milk	18 Blueberry muffins Cheerios Fresh fruit Fruit juice Milk	19 Fruity Cheerios Iced cinnamon bar Fresh fruit Fruit juice Milk	20 Mini Strawberry bagels Fresh fruit Fruit juice Milk
23 Yogurt Cocoa Puffs Fresh fruit Fruit Juice Milk	24 Lucky Charms Iced cinnamon bars Fresh fruit Fruit juice Milk	25 Chocolate Muffins Cheerios Fresh Fruit Fruit Juice Milk	26 Cocoa Puffs Apple Granola Bar Fresh Fruit Fruit Juice Milk	27 Mini Waffles Fresh Fruit Fruit Juice Milk
30 Yogurt Fruity Cheerios Fresh Fruit Fruit Juice Milk	31 Trix Apple Granola Bar Fresh Fruit Fruit Juice Milk	Blueberry Muffins Rice Chex Fresh Fruit Fruit Juice Milk	Apple Jacks Iced Cinnamon bar Fresh Fruit Fruit Juice Milk	Powered Donuts Rice Chex Fresh Fruit Fruit Juice Milk

News

All bread and cereal are whole grain, including muffins and bagels.

This institution is an equal opportunity provider.