# Breakfast Program Menu (Tuesday Oct. 3 - Friday Oct. 6)

<u>Tuesday:</u>

- Apple, orange or banana
- Vanilla yogurt (optional: Granola)
- Toast with cream cheese, jam, Wow Butter or butter
- Apple juice, orange juice or milk

Wednesday:

- Apple, orange or banana
- Breakfast bar
- Bagel with cream cheese, jam, Wow Butter or butter
- Apple juice, orange juice or milk

#### <u>Thursday:</u>

- Apple, orange or banana
- Chocolate chip muffin
- Waffles
- Apple juice, orange juice or milk

#### Friday:

- Apple, orange or banana
- Dinosaur Egg Oatmeal
- English muffin with cream cheese, jam, Wow Butter or butter
- Apple juice, orange juice or milk

(Tuesday Oct. 10 - Friday Oct. 13)

<u>Tuesday:</u>

- Fruit cup
- Grilled cheese
- Banana bread
- Apple juice, orange juice or milk

Wednesday:

- Apple, strawberries or banana
- Hashbrowns
- Waffles
- Apple juice, orange juice or milk

#### <u>Thursday</u>

- Apple, strawberries or banana
- Breakfast bar
- Pancakes
- Apple juice, orange juice or milk

#### <u>Friday:</u>

- Fruit cup
- Cereal
- Bagel with cream cheese, jam, Wow Butter or butter
- Apple juice, orange juice or milk

# Breakfast Program Menu (Monday Oct. 16 - Friday Oct. 20)

#### Monday:

- Fruit cup
- Apple sauce
- Toast with cream cheese, jam, Wow Butter or butter
- Apple juice, orange juice or milk

#### <u>Tuesday:</u>

- Apple, kiwi or banana
- Vanilla yogurt (optional: Granola)
- English muffin with cream cheese, jam, Wow Butter, or butter
- Apple juice, orange juice or milk

#### Wednesday:

- Fruit cup
- Blueberry muffin
- Cereal (Cheerios, Cinnamon Toast Crunch, Nesquik, Fruit Loops, Rice Krispies)
- Apple juice, orange juice or milk

#### <u>Thursday:</u>

- Apple, kiwi or banana
- Dinosaur Egg oatmeal
- Hashbrowns
- Apple juice, orange juice or milk

#### <u>Friday:</u>

- Fruit cup
- Breakfast bar
- Waffles
- Apple juice, orange juice or milk

(Monday Oct. 23 - Friday Oct. 27)

#### Monday:

- Fruit cup
- Chocolate chip muffin
- Grilled cheese
- Apple juice, orange juice or milk

#### <u>Tuesday:</u>

- Apple, raspberries or banana
- Apple sauce
- Toast with cream cheese, jam, Wow Butter or butter
- Apple juice, orange juice or milk

#### Wednesday:

- Fruit cup
- Hashbrowns
- Pancakes
- Apple juice, orange juice or milk

#### <u>Thursday:</u>

- Apple, raspberries or banana
- Breakfast bar
- Bagel with cream cheese, jam, Wow Butter or butter
- Apple juice, orange juice or milk

#### <u>Friday:</u>

- Fruit cup
- Vanilla yogurt (optional: Granola)
- English muffin with cream cheese, jam, Wow Butter or butter
- Apple juice, orange juice or milk

## (Monday Oct. 30 - Friday Nov. 3)

Monday:

- Fruit cup
- Banana bread
- Hashbrowns
- Apple juice, orange juice or milk

## <u>Tuesday:</u>

- Apple, clementine or banana
- Vanilla yogurt (optional: Granola)
- Grilled cheese
- Apple juice, orange juice or milk

#### Wednesday:

- Fruit cup
- Apple sauce
- Dinosaur Egg oatmeal
- Apple juice, orange juice or milk

#### Thursday:

- Apple, clementine or banana
- Breakfast bar
- Pancakes
- Apple juice, orange juice or milk

## <u>Friday:</u>

- Fruit cup
- Banana bread
- Waffles
- Apple juice, orange juice or milk

# Breakfast Program Menu (Monday Nov. 6 - Friday Nov. 10)

Monday:

- Fruit cup
- Carrot muffin
- Bagel with cream cheese, jam, Wow Butter or butter
- Apple juice, orange juice or milk

#### <u>Tuesday:</u>

- Apple, cantaloupe or banana
- Apple sauce
- English muffin with cream cheese, jam, Wow Butter or butter
- Apple juice, orange juice or milk

#### Wednesday:

- Fruit cup
- Vanilla yogurt (optional: Granola)
- Grilled cheese
- Apple juice, orange juice or milk

#### Thursday:

- Apple, cantaloupe or banana
- Hashbrowns
- Dinosaur Egg oatmeal
- Apple juice, orange juice or milk

#### <u>Friday:</u>

- Fruit cup
- Breakfast bar
- Pancakes
- Apple juice, orange juice or milk

# Breakfast Program Menu (Tuesday Nov. 14 - Friday Nov. 17)

#### Monday:

- Fruit cup
- Chocolate chip oatmeal energy bites
- Cereal
- Apple juice, orange juice or milk

#### <u>Tuesday:</u>

- Apple, pineapple or banana
- Lemon loaf
- Toast with cream cheese, jam, Wow Butter or butter
- Apple juice, orange juice or milk

#### Wednesday:

- Fruit cup
- Apple sauce
- Waffles
- Apple juice, orange juice or milk

#### <u>Thursday:</u>

- Apple, pineapple or banana
- Hashbrowns
- Grilled cheese
- Apple juice, orange juice or milk

#### <u>Friday:</u>

- Fruit cup
- Vanilla yogurt (optional: Granola)
- English muffin with cream cheese, jam, Wow Butter or butter
- Apple juice, orange juice or milk

# Breakfast Program Menu (Monday Nov. 20 - Friday Nov. 24)

#### Monday:

- Fruit cup
- Oatmeal chocolate chip muffin
- Dinosaur Egg oatmeal
- Apple juice, orange juice or milk

#### <u>Tuesday:</u>

- Apple, pear or banana
- Breakfast bar
- Pancakes
- Apple juice, orange juice or milk

#### Wednesday:

- Fruit cup
- Apple sauce
- Cereal
- Apple juice, orange juice or milk

#### Thursday:

- Apple, pear or banana
- Oatmeal chocolate chip muffin
- Bagel with cream cheese, jam, Wow Butter or butter
- Apple juice, orange juice or milk

#### <u>Friday:</u>

- Fruit cup
- Hashbrowns
- Grilled cheese
- Apple juice, orange juice or milk

# (Monday Nov. 27 - Friday Dec. 1)

## <u>Monday:</u>

- Fruit cup
- Vanilla yogurt (optional: Granola)
- Waffles
- Apple juice, orange juice or milk

## <u>Tuesday:</u>

- Apple, watermelon or banana
- Banana bread
- Dinosaur egg oatmeal
- Apple juice, orange juice or milk

## Wednesday:

- Fruit cup
- Breakfast bar
- Toast with cream cheese, jam, Wow Butter or butter
- Apple juice, orange juice or milk

## <u>Thursday:</u>

- Apple, watermelon or banana
- Apple sauce
- Cereal
- Apple juice, orange juice or milk

## <u>Friday:</u>

- Fruit cup
- Oatmeal chocolate chip muffins
- Pancakes
- Apple juice, orange juice or milk