



BREAKFAST

OCTOBER 2018

RSU # 13

Monday

1
 Blueberry Muffin
 Assorted Low Sugar Cereals
 Fruit & Milk

Tuesday

2
 Bagel and Cream Cheese
 Assorted Low Sugar Cereals
 Fruit & Milk

Wednesday

3
 Honey Baked Chex
 Assorted Low Sugar Cereal
 Fruit & Milk

Thursday

4
 Muffin
 Assorted Low Sugar Cereals
 Fruit & Milk

Friday

5
 Teacher Workshop
 No School

8
 Columbus Day Holiday
 No School

9
 Yogurt w/ Granola
 Assorted Low Sugar Cereal
 Fruit and Milk

10
 Banana Muffin
 Assorted Low Sugar Cereals
 Fruit & Milk

11
 Cocoa Bread
 Assorted Low Sugar Cereals
 Fruit & Milk

12
 Honey Baked Chex
 Assorted Low Sugar Cereal
 Fruit & Milk

15
 Apple Cinnamon Muffin
 Assorted Low Sugar Cereal
 Fruit & Milk

16
 Breakfast Bar
 Assorted Low Sugar Cereal
 Fruit & Milk

17
 Early Release Day
 Bagel w/ Cream Cheese
 Assorted Low Sugar Cereal
 Fruit & Milk

18
 Crumb Cake
 Assorted Low Sugar Cereal
 Fruit & Milk

19
 Breakfast Wrap
 Assorted Low Sugar Cereal
 Fruit & Milk

22
 Blueberry Bread
 Assorted Low Sugar Cereal
 Fruit & Milk

23
 Croissant w/ Yogurt
 Assorted Low Sugar Cereal
 Fruit & Milk

24
 Hard Boiled Egg
 Cheese stick
 Assorted Low Sugar Cereal
 Fruit & Milk

25
 Cinnamon Bun
 Assorted Low Sugar Cereal
 Fruit & Milk

26
 Graham Crackers
 Dried Fruit
 Assorted Low Sugar Cereal
 Fruit & Milk

29
 Cottage Cheese
 Assorted Low Sugar Cereal
 Fruit & Milk

30
 Honey Baked Chex
 Assorted Low Sugar Cereal
 Fruit & Milk

31
 Happy Halloween
 Pumpkin Bread
 Assorted Low Sugar Cereal
 Fruit & Milk