



October 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>"The USDA is an equal opportunity Employer."</i>	<i>Menu subject to change.</i>					1
2	3 <i>Dutch Waffle</i> <i>OR</i> <i>Cereal with Yogurt</i> <i>Fruit</i> <i>Juice Milk</i>	4 <i>Egg & Cheese Tornado</i> <i>OR Pop Tart</i> <i>Fruit</i> <i>Juice Milk</i>	5 <i>Long Johns</i> <i>OR</i> <i>Cereal with Yogurt</i> <i>Fruit</i> <i>Juice Milk</i>	6 <i>French Toast Bites</i> <i>OR</i> <i>Cereal</i> <i>Fruit</i> <i>Juice Milk</i>	7 <i>Warm Cinnamon Roll</i> <i>OR</i> <i>Pop Tart Fruit</i> <i>Juice Milk</i>	8
9	10 <i>Chicken Sausage & Cheese on English Muffin</i> <i>OR</i> <i>Cereal Fruit</i> <i>Juice Milk</i>	11 <i>Cinnamon Toast Breakfast Bar</i> <i>OR Combo Bar with Toast Fruit</i> <i>Juice Milk</i>	12 <i>Breakfast Pizza</i> <i>OR</i> <i>Cereal</i> <i>Fruit</i> <i>Juice Milk</i>	13 <i>Mini Bagels</i> <i>OR</i> <i>Fruit Rainbow Yogurt Parfait Fruit</i> <i>Juice Milk</i>	14 <i>Scrambled Eggs & Toast</i> <i>OR Cereal</i> <i>Fruit</i> <i>Juice Milk</i>	15
16	17 <i>No School</i>	18 <i>Egg & Cheese Tornado</i> <i>OR Cereal</i> <i>Fruit</i> <i>Juice Milk</i>	19 <i>Cereal</i> <i>Fruit</i> <i>Juice Milk</i>	20 <i>French Toast Bites</i> <i>OR Cereal</i> <i>Fruit</i> <i>Juice Milk</i>	21 <i>No School</i>	22
23	24 <i>Biscuit & Gravy</i> <i>OR</i> <i>Cereal with Yogurt</i> <i>Fruit</i> <i>Juice Milk</i>	25 <i>Cinnamon Toast Breakfast Bar</i> <i>OR Combo Bar with Toast Fruit</i> <i>Juice Milk</i>	26 <i>Breakfast Pizza</i> <i>OR</i> <i>Cereal with Yogurt</i> <i>Fruit</i> <i>Juice Milk</i>	27 <i>Mini Bagels</i> <i>OR</i> <i>Fruit Rainbow Yogurt Parfait Fruit</i> <i>Juice Milk</i>	28 <i>Scrambled Eggs & Toast</i> <i>OR</i> <i>Cereal Fruit</i> <i>Juice Milk</i>	29
30	31 <i>Dutch Waffle</i> <i>OR Cereal with Yogurt</i> <i>Fruit</i> <i>Juice Milk</i>					