

Monday Tuesday Wednesday Thursday Friday

<u>Monday, September 29</u>	<u>Tuesday, September 30</u>	<u>Wednesday, October 1</u>	<u>Thursday, October 2</u>	<u>Friday, October 3</u>
Cereal - 8 fl oz String Cheese - 1 ea Applesauce - 4 fl oz	Apple Bread - 2 ea Orange Slices - 4 ea	ChocoCrisp GrowBar - 1 ea Apple Slices - 4 ea	Cereal - 8 fl oz Melon - 4 fl oz	Chocolate Chip Banana Bread - 2 ea Pineapple - 4 fl oz
<u>Monday, October 6</u>	<u>Tuesday, October 7</u>	<u>Wednesday, October 8</u>	<u>Thursday, October 9</u>	<u>Friday, October 10</u>
Cereal - 8 fl oz Applesauce - 4 fl oz	Peach GrowYo - 4 fl oz Granola Crumble - 3 fl oz Orange Slices - 4 ea	WG Bagel - 1 ea Cream Cheese - 2 Tbsp Apple Slices - 4 ea	Pineapple Upside Down Muffin - 1 ea Melon - 4 fl oz	Cereal - 8 fl oz String Cheese - 1 ea Fruit Salad HP - 4 fl oz
<u>Monday, October 13</u>	<u>Tuesday, October 14</u>	<u>Wednesday, October 15</u>	<u>Thursday, October 16</u>	<u>Friday, October 17</u>
Cereal - 8 fl oz Applesauce - 4 fl oz	WG Bagel - 1 ea Cream Cheese - 2 Tbsp Appleberry Sauce - 4 fl oz	Apple Oat GrowBar - 1 ea Pear Slices - 4 ea	Cereal - 8 fl oz Melon - 4 fl oz	Hard Boiled Egg - 1 ea WG Bread Slice - 1 ea Apple Slices - 4 ea
<u>Monday, October 20</u>	<u>Tuesday, October 21</u>	<u>Wednesday, October 22</u>	<u>Thursday, October 23</u>	<u>Friday, October 24</u>
Cereal - 8 fl oz Orange Slices - 4 ea	Pumpkin Bread - 2 ea Applesauce - 4 fl oz	English Muffin - 1 ea Sunbutter - 2 Tbsp Apple Slices - 4 ea	Strawberry GrowYo - 4 fl oz Granola Crumble - 3 fl oz Melon - 4 fl oz	Cereal - 8 fl oz Melon - 4 fl oz
<u>Monday, October 27</u>	<u>Tuesday, October 28</u>	<u>Wednesday, October 29</u>	<u>Thursday, October 30</u>	<u>Friday, October 31</u>
Cereal - 8 fl oz String Cheese - 1 ea Applesauce - 4 fl oz	Apple Bread - 2 ea Orange Slices - 4 ea	ChocoCrisp GrowBar - 1 ea Apple Slices - 4 ea	Cereal - 8 fl oz Melon - 4 fl oz	Chocolate Chip Banana Bread - 2 ea Pineapple - 4 fl oz

WG= Whole Grain
Fruit Salad HP = Honeydew and Pineapple

K-8 Cold Breakfast October 2025

*Whole fruit offered with every meal

**Two types of milk offered with every meal

***This institution is an equal opportunity provider

GourmetGorilla.com