



October 2024

School-Age Daily Menu



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<p>1 <u>Breakfast</u> 100% Whole Wheat Bagel w/Cream Cheese 100% Pineapple Juice Unflavored Skim Milk</p> <p><u>Snack</u> Whole Grain Animal Crackers Cheese Sticks Water</p>	<p>2 <u>Breakfast</u> Whole Grain Pancake Fresh Apple Unflavored Skim Milk</p> <p><u>Snack</u> Whole Grain Educational Crackers Mixed Fruit Water</p>	<p>3 <u>Breakfast</u> Whole Grain Life Cereal Mixed Fruit Unflavored Skim Milk</p> <p><u>Snack</u> Whole Grain Tostado Chips w/Shredded Cheese & Salsa Water</p>	<p>4 <u>Breakfast</u> 100% Whole Wheat Bread w/Cream Cheese 100% Orange Juice Unflavored Skim Milk</p> <p><u>Snack</u> Whole Wheat Hard Pretzels Diced Pears Water</p>
<p>7 <u>Breakfast</u> Whole Grain French Toast Sticks Applesauce Unflavored Skim Milk</p> <p><u>Snack</u> Whole Grain Blueberry Lemon Crisp Sliced Peaches Water</p>	<p>8 <u>Breakfast</u> Whole Grain Waffle w/Syrup Peaches Unflavored Skim Milk</p> <p><u>Snack</u> Whole Grain Cheese It Crackers Mandarin Oranges Water</p>	<p>9 <u>Breakfast</u> Whole Grain English Muffins Bananas Unflavored Skim Milk</p> <p><u>Snack</u> Whole Grain Ritz Crackers String Cheese Water</p>	<p>10 <u>Breakfast</u> Whole Grain Corn Chex Banana Unflavored Skim Milk</p> <p><u>Snack</u> Whole Wheat Animal Crackers Mandarin Oranges Water</p>	<p>11 <u>Breakfast</u> Whole Grain Raisin Bread Fresh Apples Unflavored Skim Milk</p> <p><u>Snack</u> Whole Grain Saltine Crackers Fresh Oranges Water</p>



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<p><u>14</u> Breakfast</p> <p>Rice Krispies Sliced Peaches Unflavored Skim Milk</p> <p>Snack</p> <p>Whole Grain Corn Muffins Fresh Apples Water</p>	<p><u>15</u> Breakfast</p> <p>Whole Grain Kix Cereal Mixed Fruit Unflavored Skim Milk</p> <p>Snack</p> <p>Whole Grain Goldfish Crackers Applesauce Water</p>	<p><u>16</u> Breakfast</p> <p>Whole Grain Multi Grain Cheerios Applesauce Unflavored Skim Milk</p> <p>Snack</p> <p>Whole Wheat Graham Crackers Pears Water</p>	<p><u>17</u> Breakfast</p> <p>Corn Flakes Diced Pears Unflavored Skim Milk</p> <p>Snack</p> <p>Whole Grain Soft Pretzel Rods **2 Per Child** Cheese Dip Water</p>	<p><u>18</u> Breakfast</p> <p>Whole Grain Pancakes Grapes Unflavored Skim Milk</p> <p>Snack</p> <p>Whole Grain Saltine Crackers Soy Butter Raisins Water</p>
<p><u>21</u> Breakfast</p> <p>Whole Grain Waffles w/Syrup Applesauce Unflavored Skim Milk</p> <p>Snack</p> <p>Whole Wheat Animal Crackers Mandarin Oranges Water</p>	<p><u>22</u> Breakfast</p> <p>Whole Grain Corn Chex Banana Unflavored Skim Milk</p> <p>Snack</p> <p>Fresh Carrot Sticks Dipped Soy Butter Water</p>	<p><u>23</u> Breakfast</p> <p>Whole Grain Wheat Chex Peaches Unflavored Skim Milk</p> <p>Snack</p> <p>Whole Grain Blueberry Mini Loaves Bananas Water</p>	<p><u>24</u> Breakfast</p> <p>Rice Krispies Cereal Orange Wedges Unflavored Skim Milk</p> <p>Snack</p> <p>Whole Grain Goldfish Crackers Applesauce Water</p>	<p><u>25</u> Breakfast</p> <p>Whole Grain French Toast Sticks Applesauce Unflavored Skim Milk</p> <p>Snack</p> <p>Whole Grain Blueberry Lemon Crisp Sliced Peaches Water</p>



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<p>28 Breakfast</p> <p>Whole Grain Cheerios Diced Pears Unflavored Skim Milk</p> <p>Snack</p> <p>Yogurt Whole Grain Maple Bites Water</p>	<p>29 Breakfast</p> <p>100% Whole Wheat Bagel w/Cream Cheese 100% Pineapple Juice Unflavored Skim Milk</p> <p>Snack</p> <p>Whole Grain Animal Crackers Cheese Sticks Water</p>	<p>30 Breakfast</p> <p>Whole Grain Life Cereal Mixed Fruit Unflavored Skim Milk</p> <p>Snack</p> <p>Whole Grain Saltine Crackers Fresh Oranges Water</p>	<p>31 Breakfast</p> <p>100% Whole Wheat Bread w/Cream Cheese 100% Orange Juice Unflavored Skim Milk</p> <p>Snack</p> <p>Whole Grain Goldfish Crackers Applesauce Water</p>	