

October Breakfast

Infant and Toddlers– Breast Milk, Formula with iron or whole milk at age one
Pre-School and School age, Unflavored 1% Milk
WG– Whole Grain
CN Child Nutrition Label
HM– Home Made

Mon	Tues	Wed	Thur	Fri
	Corn Chex wg Pears Milk	1 Multigrain Cheerios wg Peaches Milk	2 Life Cereal wg Grapes Milk	3 Corn Chex Cereal wg Applesauce Milk
6 Kix Cereal wg Strawberries Milk	7 Waffles Mandarin Oranges Milk	8 Rice Krispies Apples Milk	9 Frosted Shredded Wheat wg Pineapple Milk	10 Bagels/Cream Cheese Pears Milk
13 Oat Squares Cereal wg Bananas Milk	14 Pancakes/Syrup Fruit Cocktail Milk	15 French Toast Sticks Applesauce Milk	16 Rice Chex Cereal wg Tropical Fruit Milk	17 WG Multigrain Cheerios wg Oranges Milk
20 Toast/Butter wg Peaches Milk	21 Life Cereal wg Grapes Milk	22 Corn Chex wg Pears Milk	23 Blueberry Pancakes Pineapple Milk	24 Kix Cereal wg Applesauce Milk
27 wg Frosted Shredded Wheat Strawberries Milk	28 English Muffins/Butter Mandarin Oranges Milk	29 Rice Krispies Bananas Milk	30 WG Crunchy Oat Squares wg Tropical Fruit Milk	31 Rice Chex wg Fruit Cocktail Milk