

OCTOBER 2019

Head Start & Voluntary Pre-K

Breakfast is served with
½ cup fruit daily.

Monday

Tuesday

Wednesday

Thursday

Friday

Muffin Variety 1
Fruit
Milk

Grahams Variety & Yogurt 2
Fruit
Milk

Breakfast Bread 3
Fruit
Milk

Breakfast Variety 4
Fruit
Milk

Cold Cereal 7
Fruit
Milk

Muffin Variety 8
Fruit
Milk

Grahams Variety & Yogurt 9
Fruit
Milk

Breakfast Bread 10
Fruit
Milk

Breakfast Variety 11
Fruit
Milk

Cold Cereal 14
Fruit
Milk

Muffin Variety 15
Fruit
Milk

Grahams Variety & Yogurt 16
Fruit
Milk

MEA 17
NO SCHOOL

MEA 18
NO SCHOOL

Cold Cereal 21
Fruit
Milk

Muffin Variety 22
Fruit
Milk

Grahams Variety & Yogurt 23
Fruit
Milk

Breakfast Bread 24
Fruit
Milk

Breakfast Variety 25
Fruit
Milk

Cold Cereal 28
Fruit
Milk

Muffin Variety 29
Fruit
Milk

Grahams Variety & Yogurt 30
Fruit
Milk

Breakfast Bread 31
Fruit
Milk



This institution is an equal opportunity provider. Menus are subject to change.