



Monday	Tuesday	Wednesday	Thursday	Friday
Nutri-grain Bar Animal Grahams Craisins 100% Juice 1% or FF White Milk 1	Breakfast Nutrition Bar 100% Juice 1% or FF White Milk 2	Honey Wheat Bagel with Cream Cheese Fresh Apple 1% or FF White Milk 3	WG Banana Muffin Mini Vanilla Wafers 100% Juice Fresh Banana 1% or FF White Milk 4	WG Cinnamon Roll 100 % Juice Fresh Orange 1% or FF White Milk 5
Cocoa Puffs Cereal Animal Grahams Craisins 100% Juice 1% or FF White Milk 8	Double Chocolate Chip Muffin Mini Vanilla Wafers Fruit Cup 100% Juice 1% or FF White Milk 9	WG Goldfish Grahams Fresh Apple Dannon Nonfat Creamy Yogurt 1% or FF White Milk 10	Breakfast Nutrition Bar Fresh Banana 100% Juice 1% or FF White Milk 11	WG Apple Roll 100% Juice Fresh Orange 1% or FF White Milk 12
Trix Cereal Bar WG Animal Grahams Craisins 100% Juice 1% or FF White Milk 15	Breakfast Nutrition Bar 100% Juice Fruit Cup 1% or FF White Milk 16	Honey Wheat Bagel with Cream Cheese Fresh Apple 1% or FF White Milk 17	WG Banana Muffin Mini Vanilla Wafers 100% Juice Fresh Banana 1% or FF White Milk 18	WG Breakfast Ring 100% Juice Fresh Orange 1% or FF White Milk 19
Frosted Flakes Animal Grahams Craisins 100% Juice 1% or FF White Milk 22	Double Chocolate Chip Muffin Mini Vanilla Wafers Fruit Cup 100% Juice 1% or FF White Milk 23	WG Goldfish Grahams Fresh Apple Dannon Nonfat Creamy Yogurt 1% or FF White Milk 24	Oatmeal Cocoa Crisp Bar Fresh Orange 100% Juice 1% or FF White Milk 25	Cinnabar Fresh Fresh Orange 100% Juice 1% or FF White Milk 26
Cocoa Krispie Cereal Bar Animal Grahams 100% Juice Craisins 1% or FF White Milk 29	Breakfast Nutrition Bar 100% Juice Fruit Cup 1% or FF White Milk 30	Honey Wheat Bagel with Cream Cheese Fresh Apple 1% or FF White Milk Happy Halloween! 31		



Thought for Thought

The pursuit of truth and beauty is a sphere of activity in which we are permitted to remain children all our lives. - Albert Einstein

Tips & Information

Columbus is celebrated on the 2nd Monday in October. The day is commemorated as the Columbus Day in United States, as Día de las Culturas (Day of the Cultures) in Costa Rica, as Día de la Hispanidad (Spanish Day), as Día de la Raza (Day of the Race) in many countries in Latin America. Columbus Day became an authorized state holiday in Colorado in 1905. It became a national holiday in 1970 in the United States.

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"or:" = An alternative selection to choose. "WG"=Whole Grain 1% White & Fat Free Chocolate Milk available daily.

****Menu Subject to Change****

This institution is an equal opportunity provider.

