

OCTOBER BREAKFAST

DID YOU KNOW?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein!



Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

Breakfast: choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered twice per week.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

Chef reserves the right to change menu for seasonality and new menu innovation.

revolution foods

MONDAY

MONDAY

7

- zac omega fruit-filled blackberry bar (df)
- multigrain cheerios & educational snacks

14

- corn chex & educational snacks
- cinnamon "dipperdoodle" bar (df)

21

- zee zees cinnamon bar (df) (v)
- cheerios & educational snacks (df) (v)

28

- corn chex & giant cinnamon graham goldfish (df)
- yogurt & honey grahams

TUESDAY

1

- hot buttermilk pancakes (v)
- cheerios & educational snacks (df) (v)
- cinnamon "dipperdoodle" bar (df)

8

- hot cornbread & omelet (v)
- plain bagel & cream cheese
- autumn spice muffin

15

- hot buttermilk pancakes (v)
- cheerios & educational snacks (df) (v)
- cinnamon chex (DF)

22

- hot cornbread & omelet (v)
- blueberry bagel & cream cheese
- yogurt & granola

29

- hot cinnamon toast bagel
- cheerios & educational snacks (df) (v)
- cinnamon "dipperdoodle" bar (df)

WEDNESDAY

2

- hot chicken sausage & cheese breakfast biscuit sandwich
- blueberry bagel & cream cheese
- cinnamon crumbles

9

- hot cinnamon toast bagel
- cinnamon chex & educational snacks (v)
- turkey cheddar brekwich

16

- hot cheesy bean breakfast burrito (v)
- cinnamon raisin bagel
- multigrain cheerios & educational snacks

23

- hot egg, cheese & sausage quesadila
- autumn spice muffin
- zee zees berry apple bar (df)

30

- hot chicken sausage & cheese breakfast biscuit sandwich
- blueberry bagel & cream cheese
- cinnamon crumbles

THURSDAY

3

- hot egg, cheese & sausage quesadila
- french toast muffin
- zee zees berry apple bar (df)

10

- hot turkey, cheddar cheese & omelet gordita
- strawberry yogurt parfait (counts as 1 serving of fruit)
- mini apple cinnamon muffin & string cheese (v)

17

- hot peach pancake bowl (counts as 1 serving of fruit)
- cinnamon crumbles
- zac omega fruit-filled blackberry bar (df)

24

- hot french toast sticks (v)
- multigrain cheerios & educational snacks
- cinnamon raisin bagel

31

- hot buttermilk pancakes (v)
- french toast muffin
- zee zees berry apple bar (df)

FRIDAY

4

- hot breakfast enchilada scramble with scoops (v)
- cinnamon raisin bagel
- lemon muffin

11

- hot cheese omelet & french toast sticks
- blueberry bagel & cream cheese
- zee zees berry apple bar (df)

18

- hot chicken sausage & cheese breakfast biscuit sandwich
- plain bagel & cream cheese
- mini apple cinnamon muffin & string cheese (v)

25

- hot cheddar cheese & omelet gordita
- corn chex & educational snacks
- banana muffin



