



CHARTER COLD BREAKFAST MENU - OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>JUICE</i>	<i>APPLE</i>	<i>BANANA</i>	<i>ORANGE</i>	<i>PEAR</i>
1	2	3	4	5
DOUBLE CHOCOLATE MUFFIN 100% FRUIT JUICE 1 % OR FAT FREE MILK	MARSHMALLOW MATEYS BEAR GRAHAMS FRUIT 1 % OR FAT FREE MILK	CINNAMON CRUMB CAKE FRUIT 1 % OR FAT FREE MILK	WHEAT BAGEL CREAM CHEESE FRUIT 1 % OR FAT FREE MILK	HONEY SCOOTERS BEAR GRAHAMS FRUIT 1 % OR FAT FREE MILK
8	9	10	11	12
CINNAMON TOASTERS CEREAL BEAR GRAHAMS 100% FRUIT JUICE 1 % OR FAT FREE MILK	DOUBLE CHOCOLATE MUFFIN BEAR GRAHAMS FRUIT 1 % OR FAT FREE MILK	WHEAT BAGEL CREAM CHEESE FRUIT 1 % OR FAT FREE MILK	BLUEBERRY SPOONERS CEREAL BEAR GRAHAMS FRUIT 1 % OR FAT FREE MILK	CINNAMON BUN FRUIT 1 % OR FAT FREE MILK
15	16	17	18	19
CINNAMON CRUMB CAKE 100% FRUIT JUICE 1 % OR FAT FREE MILK	WHEAT BAGEL CREAM CHEESE FRUIT 1 % OR FAT FREE MILK	TOASTY O'S BEAR GRAHAMS FRUIT 1 % OR FAT FREE MILK	HONEY GRAHAM TOASTERS CEREAL BEAR GRAHAMS FRUIT 1 % OR FAT FREE MILK	BLUEBERRY MUFFIN BEAR GRAHAMS FRUIT 1 % OR FAT FREE MILK
22	23	24	25	26
WHEAT BAGEL CREAM CHEESE 100% FRUIT JUICE 1 % OR FAT FREE MILK	CINNAMON CRUMB CAKE FRUIT 1 % OR FAT FREE MILK	FROSTED SPOONERS CEREAL BEAR GRAHAMS FRUIT 1 % OR FAT FREE MILK	DOUBLE CHOCOLATE MUFFIN FRUIT 1 % OR FAT FREE MILK	MARSHMALLOW MATEYS BEAR GRAHAMS FRUIT 1 % OR FAT FREE MILK
29	30	31		
BLUEBERRY MUFFIN BEAR GRAHAMS 100% FRUIT JUICE 1 % OR FAT FREE MILK	WHEAT BAGEL CREAM CHEESE FRUIT 1 % OR FAT FREE MILK	HONEY SCOOTERS BEAR GRAHAMS FRUIT 1 % OR FAT FREE MILK		

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