



Arlene's October 2024 K-8 Breakfast Menu

	1 Choc Muffin Top (1wg) 27 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	2 Cinnamon Bun (2wg) 34 Berry Fruit Cup (1/2c) 20 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	3 Bagel & Jelly (2wg) 39 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	4 Super Breakfast Ring (1g) 29 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13
7 Banana/Choc Oatmeal Round (2wg) 39 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	8 Mini Cinnis (2wg) 40 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	9 Cinnamon Bun (2wg) 34 Peach Fruit Cup (1/2c) 21 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	10 Apple Strudel Pastry (2wg) 38 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	11 Cinnamon Toast Crunch Pastry (2wg) 40 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13
14 Cereal Bar (1wg) 30 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	15 Super Breakfast Ring (1g) 27 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	16 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	17 Bagel & Jelly (2wg) 39 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	18 Strawberry Pull Apart Bagel (2wg) 42 Apple (1/2c) 25 Juice (1/2c) 14 Choc/White Milk (1c) 19/13
21 Apple Cinnamon Oatmeal Round (2wg) 39 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	22 Corn Muffin (2wg) 36 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	23 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	24 Choc Chip Muffin (2wg) 45 Peach Fruit Cup (1/2c) 21 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	25 Mini Cinnis (2wg) 40 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13
28 Berry Oatmeal Bar (2wg) 46 Berry Fruit Cup (1/2c) 20 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	29 Choc Muffin Top (1wg) 27 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	30 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	31 Bagel & Jelly (2wg) 39 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	<i>Carbs listed for each item in blue font</i>

NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

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