OCTOBER BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Croissant w/ Grape Jelly Cinnamon Chex Cereal w/ Honey Grahams	2 Yogurt w/ Honey Grahams Cocoa Orbits Bites (Chocolate Puffed Cereal)
5 Cinnamon Crumble Cheerios Cereal w/ Honey Grahams	6 Cocoa Orbits Bites (Chocolate Puffed Cereal) Mini Maple Waffles	7 Croissant w/ Grape Jelly Honey Bunches of Oats Cereal w/ Honey Grahams	8 Chocolate Chip Muffin Top CinniPuffs (Maple Cinnamon Puffed Cereal)	9
12	13 Conchita w/ String Cheese Egg, Cheese & Green Salsa Breakfast Burrito	14 Banana Muffin Cocoa Orbits Bites (Chocolate Puffed Cereal)	15 Cheerios Cereal w/ Honey Grahams Mini Strawberry Pancakes	16 Strawberry Yogurt Parfait w/ Cinnamon Granola CinniPuffs (Maple Cinnamon Puffed Cereal)
19 Cinnamon Roll Cinnamon Chex Cereal w/ Honey Grahams	20 Yogurt w/ String Cheese French Toast Sticks	21 Fruit & Yogurt Smoothie w/ Granola Honey Bunches of Oats Cereal w/ Honey Grahams	22 Yogurt w/ Honey Grahams Sausage & Cheese Stuffed Waffle	23 Blueberry Muffin Cheerios Cereal w/ Honey Grahams
26 Cinnamon Crumble Cheerios Cereal w/ Honey Grahams	27 Cocoa Orbits Bites (Chocolate Puffed Cereal) Waffle	28 Croissant w/ Grape Jelly Honey Bunches of Oats Cereal w/ Honey Grahams	29 Chocolate Chip Muffin Top CinniPuffs (Maple Cinnamon Puffed Cereal)	30 Yogurt w/ Honey Grahams Cinnamon Chex Cereal w/ Honey Grahams

Breakfast Includes:	***Featured Fruit:***	***RevUp Rewards:***
Choice of 1% Low Fat White or Fat Free White Milk Fruit of the Day Vegetarian *Cereal Served w/ Honey Grahams *All Grains Are Whole Grain Rich	Banana (1/2 C), Pear (1/2 C), Apple Slices (1/2 C), Apple (1/2 C), 100% Fruit Juice 4 oz, Plum (1/2 C)	Scan Our QR Code Daily Complete the Survey **You're Entered to Win!** Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards

This institution is an equal opportunity provider. Menus are subject to change without notice.