October: *Breakfast Menu*

PreK & ECC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			10/1 Whole Grain Maple Waffle Bites Pear Assorted Fruit, Juice Milk: 1%, Skim, Lactaid	**10/2** Mango Pineapple Smoothie w/ Graham Crackers Apple Slices Assorted Fruit, Juice Milk: 1%, Skim, Lactaid
10/5 Muffin Monday! Whole Grain Assorted Muffins Strawberries Assorted Fruit, Juice Milk: 1%, Skim, Lactaid	**10/6** Whole Grain Banana Bread Orange Assorted Fruit, Juice Milk: 1%, Skim, Lactaid	**10/7** Whole Grain Bagels with Cream Cheese Plum Assorted Fruit, Juice Milk: 1%, Skim, Lactaid	**10/8** Whole Grain Low Sugar Cinnamon Chex Cereal Apple Assorted Fruit, Juice Milk: 1%, Skim, Lactaid, Chocolate	**10/9** Assorted Whole Grain, Low Sugar Cereals Pear Assorted Fruit, Juice Milk: 1%, Skim, Lactaid
10/12 No School	**10/13** Whole Grain Rainbow Bagels w/ Cream Cheese Orange Assorted Fruit, Juice Milk: 1%, Skim, Lactaid	**10/14** Whole Grain Pumpkin Bread Banana Assorted Fruit, Juice Milk: 1%, Skim, Lactaid	**10/15** Egg & Cheese on an English Muffin Fruit Salad Assorted Fruit, Juice Milk: 1%, Skim, Lactaid	**10/16** Strawberry Banana Smoothie w/ Graham Crackers Applesauce Assorted Fruit, Juice Milk: 1%, Skim, Lactaid
10/19 Muffin Monday! Whole Grain Assorted Muffins Strawberries Assorted Fruit, Juice Milk: 1%, Skim, Lactaid	**10/20** Whole Grain Banana Bread Apple Assorted Fruit, Juice Milk: 1%, Skim, Lactaid	**10/21** Whole Grain Low Sugar Multi-Grain Cheerios Banana Assorted Fruit, Juice Milk: 1%, Skim, Lactaid	**10/22** Whole Grain Cinnamon Toast Crunch Applesauce Assorted Fruit, Juice Milk: 1%, Skim, Lactaid	**10/23** Mango Pineapple Smoothie w/ Graham Crackers Orange Assorted Fruit, Juice Milk: 1%, Skim, Lactaid
10/26 Muffin Monday! Whole Grain Assorted Muffins Strawberries Assorted Fruit, Juice Milk: 1%, Skim, Lactaid	**10/27** Whole Grain Low Sugar Cocoa Puffs Banana Assorted Fruit, Juice Milk: 1%, Skim, Lactaid	**10/28** Assorted Whole Grain, Low Sugar Cereals Apple Assorted Fruit, Juice Milk: 1%, Skim, Lactaid	**10/29** Whole Grain Rainbow Bagels w/ Cream Cheese Orange Assorted Fruit, Juice Milk: 1%, Skim, Lactaid, Chocolate	**10/30** Assorted Whole Grain, Low Sugar Cereals Pear Assorted Fruit, Juice Milk: 1%, Skim, Lactaid

This institution is a equal Opportunity Provider. Please Note: If you have a food allergy please advise your kitchen manager

NATIONAL FARM to SCHOOL MONTH

SALEM PUBLIC SCHOOLS
Where belonging leads to opportunity.

HARVEST of the MONTH
PEARS