

OCTOBER 2023 CHILD CARE BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/2/2023 335 WG BANANA MUFFIN 670 FRESH FRUIT 100 WHITE MILK	10/3/2023 327 PILLSBURY MAPLE MADNESS WG MINI WAFFLES (thaw & serve) 644 DOLE DICED PEARS CUP 100 WHITE MILK	10/4/2023 346 CINNAMON TOAST CRUNCH CEREAL 670 FRESH FRUIT 100 WHITE MILK	10/5/2023 368 WG WHITE WHEAT SLICED BAGEL <i>or</i> 332 WG APPLE CINNAMON MUFFIN 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	10/6/2023 349 CORN CHEX CEREAL 607 DOLE DICED MANGO CUP 100 WHITE MILK
10/9/2023 345 HONEY SCOOTERS CEREAL 608 DOLE TROPICAL FRUIT CUP 100 WHITE MILK	10/10/2023 339 WG CRANBERRY ORANGE MUFFIN 670 FRESH FRUIT 100 WHITE MILK	10/11/2023 366 WG BLUEBERRY SLICED BAGEL <i>or</i> 347 CINNAMON CHEX CEREAL 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	10/12/2023 343 RICE CHEX CEREAL 646 DOLE DICED PEACHES CUP 100 WHITE MILK	10/13/2023 330 WG BLUEBERRY MUFFIN 670 FRESH FRUIT 100 WHITE MILK
INDIGENOUS PEOPLES DAY				
10/16/2023 369 PILLSBURY TRIPLE BERRY BLAST WG MINI FRENCH TOAST (thaw & serve) 670 FRESH FRUIT 100 WHITE MILK	10/17/2023 367 WG CINNAMON RAISIN SLICED BAGEL <i>or</i> 332 WG APPLE CINNAMON MUFFIN 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	10/18/2023 340 HONEY CHEERIOS CEREAL 609 DOLE MIXED FRUIT CUP 100 WHITE MILK	10/19/2023 331 WG CORN MUFFIN 670 FRESH FRUIT 100 WHITE MILK	10/20/2023 349 CORN CHEX CEREAL 645 DOLE PINEAPPLE TIDBITS CUP 100 WHITE MILK
10/23/2023 335 WG BANANA MUFFIN 670 FRESH FRUIT 100 WHITE MILK	10/24/2023 327 PILLSBURY MAPLE MADNESS WG MINI WAFFLES (thaw & serve) <i>or</i> 346 CINNAMON TOAST CRUNCH CEREAL 644 DOLE DICED PEARS CUP 100 WHITE MILK	10/25/2023 347 CINNAMON CHEX CEREAL 670 FRESH FRUIT 100 WHITE MILK	10/26/2023 366 WG BLUEBERRY SLICED BAGEL <i>or</i> 330 WG BLUEBERRY MUFFIN 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	10/27/2023 345 HONEY SCOOTERS CEREAL 607 DOLE DICED MANGO CUP 100 WHITE MILK

MENU SUBJECT TO CHANGE

Milk: 1 year old children must be served 4-ounce whole white milk; children 2 years and older must be served either 8-ounce skim fat free white milk or 8-ounce 1% low fat white milk.

REMINDER: Water must be OFFERED every day!

WG = WHOLE GRAIN-RICH

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