

FAST FORWARD BREAKFAST MENU

October 2021

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Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 4 CEREAL VARIETY CHEESE STICK FRUIT/FRUIT JUICE MILK	Oct - 5 HAM & CHEESE BREAKFAST BURRITO FRUIT/FRUIT JUICE PUDDING MILK	Oct - 6 OATMEAL POPTART CHEESE STICK FRUIT/FRUIT JUICE MILK	Oct - 7 HAM & CHEESE HOT POCKET FRUIT/FRUIT JUICE GRANOLA BAR MILK	Oct - 1 BAGEL/HAM/CHEESE SANDWICH PUDDING FRUIT/FRUIT JUICE MILK Oct - 8 BREAKFAST BAR MUFFIN CHEESE STICK FRUIT/FRUIT JUICE MILK
Oct - 11 CHOCOLATE CHIP FRENCH TOAST CHEESE STICK FRUIT/FRUIT JUICE MILK	Oct - 12 HAM & CHEESE WRAP GRANOLA BAR FRUIT/FRUIT JUICE MILK	Oct - 13 CEREAL VARIETY CHEESE STICK FRUIT/FRUIT JUICE MILK	Oct-14 Fall Break	Oct - 15 Fall Break
Oct - 18 HAM & CHEESE BREAKFAST BREAD PUDDING FRUIT/FRUIT JUICE MILK	Oct - 19 OATMEAL MUFFIN FRUIT/FRUIT JUICE MILK	Oct - 20 BAGEL/HAM/CHEESE SANDWICH PUDDING FRUIT/FRUIT JUICE MILK	Oct - 21 BREAKFAST BAR POPTART FRUIT/FRUIT JUICE MILK	Oct - 22 HAM & CHEESE BREAKFAST BURRITO GRANOLA BAR FRUIT/FRUIT JUICE MILK
Oct - 25 CEREAL VARIETY CHEESE STICK FRUIT/FRUIT JUICE MILK	Oct - 26 HAM & CHEESE HOT POCKET FRUIT/FRUIT JUICE GRANOLA BAR MILK	Oct - 27 CHOCOLATE CHIP FRENCH TOAST CHEESE STICK FRUIT/FRUIT JUICE MILK	Oct - 28 BREAKFAST BAR POPTART FRUIT/FRUIT JUICE MILK	Oct - 29 OATMEAL RICE KRISPIE TREAT FRUIT/FRUIT JUICE MILK

This institution is an equal opportunity provider.

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

NOTICE: *The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.*