

FAST FORWARD BREAKFAST

October 2022

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Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 3 HAM AND CHEESE BAGEL FRUIT BREAKFAST BAR MILK	Oct - 4 PANCKE W/SYRUP FRUIT YOGURT CHEESE STICK MILK	Oct - 5 BREAKFAST PIZZA FRUIT PUDDING MILK	Oct - 6 OATMEAL YOGURT FRUIT GRANOLA BAR MILK	Oct - 7 FRENCH TOAST W/ SYRUP CHEESE STICK FRUIT MILK
Oct - 10 FRUIT PARFAIT MUFFIN FRUIT MILK	Oct - 11 HAM AND CHEESE HOT POCKET CHIPS FRUIT MILK	Oct - 12 YOGURT POPTART FRUIT MILK	Oct - 13 FALL BREAK	Oct - 14 FALL BREAK
Oct - 17 BREAKFAST BURRITO FRUIT GRANOLA BAR MILK	Oct18 HAM AND CHEESE BAGEL FRUIT POPTART MILK	Oct - 19 *PANCKEW/SYRUP *CHEESE STICK *FRUIT *MILK	Oct - 20 BREAKFAST PIZZA FRUIT PUDDING MILK	Oct - 21 CEREAL CHEESE STICK FRUIT MILK
Oct24 FRENCH TOASTW / SYRUP YOGURT FRUIT MILK	Oct - 25 FRUIT PARFAIT POPTART FRUIT MILK	Oct - 26 HAM AND CHEESE HOT POCKET FRUIT PUDDING MILK	Oct - 27 YOGURT BREAKFAST BAR FRUIT MILK	Oct - 28 CEREAL CHEESE STICK FRUIT MILK

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.

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Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 31 BREAKFAST BURRITO FRUIT GRANOLA BAR MILK	Nov - 1 HAM AND CHEESE BAGEL FRUIT BREAKFAST BAR MILK	Nov - 2 PANCAKES W/SYRUP CHEESE STICK FRUIT MILK	Nov - 3 BREAKFAST PIZZA FRUIT PUDDING MILK	Nov - 4 OATMEAL FRUIT YOGURT MILK

This institution is an equal opportunity provider.

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