



OCTOBER 2022 BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cinnamon Chex Animal Crackers Fruit Cup Fresh Fruit	4 Blueberry Muffin Cheese Stick Flavored Applesauce Fresh Fruit	5 Bagel Grape Jelly Fresh Fruit 100% Fruit Juice	6 Cinni Minis Flavored Applesauce Fresh Fruit	7 Cheerios Cinnamon Bug Bite Grahams Fresh Fruit 100% Fruit Juice
10 Pumpkin Bread Fresh Fruit Flavored Applesauce	11 Golden Grahams Vanilla Yogurt Fruit Cup 100% Fruit Juice	12 Oatmeal Chocolate Chip Breakfast Round Flavored Applesauce Fresh Fruit	13 Mini Strawberry Creamy Cheese Bagel Fresh Fruit Craisins	14 Apple Nutri-Grain Bar Cheese Cubes Fresh Fruit 100% Fruit Juice
17 Reduced Sugar Cinnamon Toast Crunch Vanilla Yogurt Flavored Applesauce Fresh Fruit	18 Blueberry Nutri-Grain Bar String Cheese Fresh Fruit 100% Fruit Juice	19 Banana Muffin Cheese Stick Flavored Applesauce Fresh Fruit	20 Reduced Sugar Cinnamon Toast Crunch Animal Crackers Fresh Fruit 100% Fruit Juice	21 Lucky Charms Vanilla Yogurt Fruit Cup Fresh Fruit
24 Cinnamon Breakfast Round Flavored Applesauce Fresh Fruit	25 Pumpkin Bread Fresh Fruit 100% Fruit Juice	26 Mini Strawberry Creamy Cheese Bagel Flavored Applesauce Fresh Fruit	27 Lucky Charms Cheese Stick Fresh Fruit Craisins	28 Toasted O's String Cheese Fresh Fruit 100% Fruit Juice
31 Rice Chex Cinnamon Bug Bite Grahams Fresh Fruit 100% Fruit Juice	<div style="text-align: center;">  <h2 style="color: orange; font-weight: bold;">ROASTED PUMPKIN SEEDS</h2> <ol style="list-style-type: none"> 1. Preheat oven to 350 degrees F 2. Rise and dry pumpkin seeds 3. Season seeds with spice of your choosing 4. Bake until golden brown (10-25 minutes)  </div>			

Did you know...

- We use heart healthy whole-grain breads and serve 100% fruit juice
 - Milk is available with all meals; Milk contains no artificial growth hormones or antibiotics
 - Nutrition and allergen information available at www.FSPro.com
 - Menu items do not contain pork
 - + Item does not contain meat
- *Menu Subject to Change*

BEX

Please visit us at www.FSPro.com

This institution is an equal opportunity provider.