



OCTOBER 2022 BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cinnamon Chex Animal Crackers Fruit Cup Fresh Fruit	4 Turkey Sausage Pancake Wrap Flavored Applesauce Fresh Fruit	5 Mini Maple Waffles Cheese Stick Fresh Fruit 100% Fruit Juice	6 Poultry Sausage & Cheese Bagel Fresh Fruit Flavored Applesauce	7 Cheerios Cinnamon Bug Bite Grahams Fresh Fruit 100% Fruit Juice
10 Pumpkin Bread Fresh Fruit Flavored Applesauce	11 Berry French Toast Fruit Cup 100% Fruit Juice	12 Egg & Cheese English Muffin Flavored Applesauce Fresh Fruit	13 Cheddar Cheese Omelet Biscuit 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 Mini Blueberry Waffles Cheese Stick Fresh Fruit 100% Fruit Juice	19 Cinnamon French Toast Cheese Stick Fresh Fruit Flavored Applesauce	20 Turkey Sausage Breakfast Pizza Fresh Fruit 100% Fruit Juice	21 Lucky Charms Vanilla Yogurt Fruit Cup Fresh Fruit
24 Cinnamon Breakfast Round Flavored Applesauce Fresh Fruit	25 Cheddar Cheese Omelet Biscuit Fresh Fruit 100% Fruit Juice	26 Turkey Sausage Pancake Wrap Fresh Fruit Flavored Applesauce	27 Mini Maple Waffles 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;">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

BHT

Please visit us at www.FSPro.com

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