



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lucky Charms</b> Giant Cinnamon Goldfish Fresh Apple 1% or FF White Milk 2	<b>Breakfast Nutrition Bar</b> Applesauce Cup Orange Juice 1% or FF White Milk 3	<b>WG Bagel</b> Fresh Apple 1% or FF White Milk 4	<b>WG Double Chocolate Chip</b> Animal Grahams Fresh Banana Orange Juice 1% or FF White Milk 5	<b>Golden Grahams</b> Mini Vanilla Wafers Apple Juice Fresh Orange 1% or FF White Milk 6
<b>Breakfast Nutrition Bar</b> Craisins Orange Juice 1% or FF White Milk 9	<b>Cocoa Puffs Cereal</b> Giant Cinnamon Goldfish Apple Juice Zee Zee Mixzee Dried Fruit 1% or FF White Milk 10	<b>Dannon Nonfat Creamy Yogurt</b> WG Granola Pack Fresh Apple 1% or FF White Milk 11	<b>Frosted Corn Flakes</b> Animal Grahams Fresh Banana Orange Juice 1% or FF White Milk 12	<b>Breakfast Nutrition Bar</b> Apple Juice Fresh Orange 1% or FF White Milk 13
<b>Cinnamon Toast Crunch Cereal</b> Mini Vanilla Wafers Birthday Cake Applesauce Cup Orange Juice 1% or FF White Milk 16	<b>Breakfast Nutrition Bar</b> Apple Juice Zee Zee Mixzee Dried Fruit 1% or FF White Milk 17	<b>Honey Wheat Bagel with Jam</b> Fresh Apple 1% or FF White Milk 18	<b>WG Banana Muffin</b> Giant Cinnamon Goldfish Fresh Banana Orange Juice 1% or FF White Milk 19	<b>Trix Cereal</b> Animal Grahams Apple Juice Fresh Orange 1% or FF White Milk 20
<b>Lucky Charms</b> Mini Vanilla Wafers Craisins Orange Juice 1% or FF White Milk 23	<b>Breakfast Nutrition Bar</b> Apple Juice Zee Zee Mixzee Dried Fruit 1% or FF White Milk 24	<b>Dannon Nonfat Creamy Yogurt</b> Giant Cinnamon Goldfish Fresh Apple 1% or FF White Milk 25	<b>WG Banana Muffin</b> Animal Grahams Fresh Banana Orange Juice 1% or FF White Milk 26	<b>Golden Grahams</b> Mini Vanilla Wafers Apple Juice Fresh Orange 1% or FF White Milk 27
<b>Lucky Charms</b> Giant Cinnamon Goldfish Fresh Apple 1% or FF White Milk 30	<b>Breakfast Nutrition Bar</b> Craisins Orange Juice 1% or FF White Milk Happy Halloween! 31			



Thought for Thought

The only calendar I need is just outside my window. With eyes to see and ears to hear, nature keeps me posted. - Alfred A. Montapert

Tips & Information

Columbus is celebrated on the 2nd Monday in October. The day is commemorated as the Columbus Day in United States, as Día de las Culturas (Day of the Cultures) in Costa Rica, as Día de la Hispanidad (Spanish Day), as Día de la Raza (Day of the Race) in many countries in Latin America. Columbus Day became an authorized state holiday in Colorado in 1905. It became a national holiday in 1970 in the United States.

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"or:" = An alternative selection to choose. "WG"=Whole Grain  
 1% White & Fat Free Chocolate Milk available daily.

**\*\*Menu Subject to Change\*\***

This institution is an equal opportunity provider.

