

# October 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2	3 Flavored Cereal - Fruit cup - Milk	4 Waffles - Syrup - Fresh Fruit - Milk	5 Nutrigrain Bar - Fresh Fruit - Milk	6 Bagels - Cream Cheese - Fresh Fruit - Milk	7 Flavored Muffins - Fresh Fruit - Milk	8
9	10 Flavored Cereal - Fruit cup - Milk	11 French Toast - Syrup - Fresh Fruit - Milk	12 WG Granola Bar - Fresh Fruit - Milk	13 English Muffins - Jelly - Fruit in Juice - Milk	14 Flavored Muffins - Fresh Fruit - Milk	15
16	17 Flavored Cereal - Fruit cup - Milk	18 WG Pancakes - Syrup - Fresh Fruit - Milk	19 Flavored Muffin- Fruit in Juice - Milk	20 WG Granola Bar - Fresh Fruit - Milk	21 Flavored Muffins - Fresh Fruit - Milk	22
23	24 Flavored Cereal - Fruit cup - Milk	25 Waffles - Syrup - Fresh Fruit - Milk	26 Nutrigrain Bar - Fresh Fruit - Milk	27 Bagels - Cream Cheese - Fresh Fruit - Milk	28 Flavored Muffins - Fresh Fruit - Milk	29
30	31 Flavored Cereal - Fruit cup - Milk	Notes				