## OCTOBER 2020

Jefferson & Kennedy Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
28	29	30	T WG Muffin 4oz. Yogurt Applesauce Cup Fruit Punch Variety of Milk	2 NO SCHOOL	F
5 Cinnamon Toast Crunch Raisins Apple Juice Variety of Milk	6 WG Chocolate Cherry Bar Apple Slices** Orange Juice Variety of Milk	<b>7</b> Apple Frudel Banana Grape Juice Variety of Milk	8  WG Breakfast Bar  Applesauce Cup  Fruit Punch  Variety of Milk	9 Cooks Choice Breakfast Craisins Assorted Juice Variety of Milk	Foo rigi Que
Cheerios Raisins Apple Juice Variety of Milk	Mini Pancakes Strawberry Cup Orange Juice Variety of Milk	14  WG Blueberry Muffin String Cheese Banana Grape Juice Variety of Milk	Cinni Mini Applesauce Cup Fruit Punch Variety of Milk	16  Cooks Choice Breakfast Craisins Assorted Juice Variety of Milk	kc Fre app
RS Frosted Flakes Raisins Apple Juice Variety of Milk	Cherry Frudel Apple Slices Orange Juice Variety of Milk	21 Cream Cheese Bagel Mixed Fruit Cup Grape Juice Variety of Milk	WG Breakfast Bar Applesauce Cup Fruit Punch Variety of Milk	23 Cooks Choice Breakfast Craisins Assorted Juice Variety of Milk	St ite bre
26  Lucky Charms  Raisins  Apple Juice  Variety of Milk	WG Apple Muffin String Cheese Strawberry Cup Variety of Milk	Yogurt Simply Chex Apple Slices** Grape Juice Variety of Milk	29 WG Chocolate Cherry Bar Applesauce Cup Fruit Punch Variety of Milk	Cooks Choice Breakfast Craisins Assorted Juice Variety of Milk	

## <u>News</u>

Free Breakfast In The Classroom

Foodservice reserves the right to change the menu without notice

Questions concerning the menu please contact Keri Carlson 231-398-3695

kcarlson@manistee.org

Free and Reduced lunch applications may be filled out online at www.lunchapp.com

www.iuiiciiapp.com

Students must select 3 items to be a complete breakfast. One item must be a fruit or a juice