OCTOBER GEMS Breakfast 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	01	02	03	04
05 WG Cereal 30g Graham Cracker 11g Fresh Fruit 25g	06 Donut 23g Applesauce 17g Fruit Juice 20g	07 WG Muffin 30g Cheez-it 14g Fresh Fruit 25g	08 WG Cereal Bar 30g Graham Cracker 11g Fresh Fruit 25g	09 Pop Tarts 36g Applesauce 17g Fruit Juice 20g	10	11
12 WG Cereal 30g Graham Cracker 11g Fresh Fruit 25g	13 Donut 23g Applesauce 17g Fruit Juice 20g	14 WG Muffin 30g Cheez-it 14g Fresh Fruit 25g	15 WG Cereal Bar 30g Graham Cracker 11g Fresh Fruit 25g	16 Pop Tarts 36g Applesauce 17g Fruit Juice 20g	17	18
19 WG Cereal 30g Graham Cracker 11g Fresh Fruit 25g	20 Donut 23g Applesauce 17g Fruit Juice 20g	21 WG Muffin 30g Cheez-it 14g Fresh Fruit 25g	22 WG Cereal Bar 30g Graham Cracker 11g Fresh Fruit 25g	23 Pop Tarts 36g Applesauce 17g Fruit Juice 20g	24	25
26 WG Cereal 30g Graham Cracker 11g Fresh Fruit 25g	27 Donut 23g Applesauce 17g Fruit Juice 20g	28 WG Muffin 30g Cheez-it 14g Fresh Fruit 25g	29	30	31	01
02	03	**Notes:** Menus are subject to change due to availability of food or unplanned school closings. USDA is an equal opportunity provider, employer, & lender. Contact: Melissa Bryant 614.747.0196 Carb grams indicated in ORANGE. **HALAL OPTIONS OFFERED** Milk offered with each meal:1% Milk 12g or Fat Free Chocolate 24g.				