

# October

# TCS BREAKFAST

# 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<b>30</b>	<b>01</b> Donut 23g Applesauce 17g Fruit Juice 20g	<b>02</b> WG Muffin 30g Cheez-it 14g Applesauce 17g Fruit Juice 20g	<b>03</b> WG Cereal Bar 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	<b>04</b> WG Cereal 30g Go-Gurt 8g Applesauce 17g Fruit Juice 20g	<b>05</b>	<b>06</b>	
<b>07</b> WG Cereal 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	<b>08</b> Donut 23g Applesauce 17g Fruit Juice 20g	<b>09</b> WG Muffin 30g Cheez-it 14g Applesauce 17g Fruit Juice 20g	<b>10</b> WG Cereal Bar 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	<b>11</b> WG Cereal 30g Go-Gurt 8g Applesauce 17g Fruit Juice 20g	<b>12</b>	<b>13</b>	
<b>14</b> WG Cereal 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	<b>15</b> Donut 23g Applesauce 17g Fruit Juice 20g	<b>16</b> WG Muffin 30g Cheez-it 14g Applesauce 17g Fruit Juice 20g	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	
<b>21</b>	<b>22</b> Donut 23g Applesauce 17g Fruit Juice 20g	<b>23</b> WG Muffin 30g Cheez-it 14g Applesauce 17g Fruit Juice 20g	<b>24</b> WG Cereal Bar 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	<b>25</b> WG Cereal 30g Go-Gurt 8g Applesauce 17g Fruit Juice 20g	<b>26</b>	<b>27</b>	
<b>28</b> WG Cereal 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	<b>29</b> Donut 23g Applesauce 17g Fruit Juice 20g	<b>30</b> WG Muffin 30g Cheez-it 14g Applesauce 17g Fruit Juice 20g	<b>31</b> WG Cereal Bar 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	<b>01</b>	<b>02</b>	<b>03</b>	
<b>04</b>	<b>05</b>	<b>Notes:</b> Menus are subject to change due to availability of food or unplanned school closings. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER Contact: Melissa Bryant 614.747.0196 Carb grams indicated in <b>ORANGE</b> . Milk offered with each meal: 1% Milk 12g or Fat Free Chocolate 24g.					