



# October 2023 K-8 Breakfast Menu

2 Cereal Bar (1wg) <b>30</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>  <i>Cal 450 Sod 255 Sugar 58</i>	3 Super Breakfast Ring <b>29</b> Craisins (1/2c) <b>34</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>  <i>Cal 430 Sod 195 Sugar 31</i>	4 Cinnamon Bun (2wg) <b>34</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>  <i>Cal 470 Sod 255 Sugar 66</i>	5 Bagel & CC (1m, 2wg) <b>27</b> Craisins (1/2c) <b>34</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>  <i>Cal 444 Sod 474 Sugar 37</i>	6 Choc Muffin Top (1wg) <b>27</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>  <i>Cal 405 Sod 255 Sugar 48</i>
9 Berry Oatmeal Bar (2wg) <b>30</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>  <i>Cal 495 Sod 255 Sugar 66</i>	10 String Cheese & Grahams (1m,1wg) <b>13</b> Tree Top Apple Chips (1/2c) 10 Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b> <i>Cal 405 Sod 340 Sugar 40</i>	11 Cinnamon Bun (2wg) <b>34</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>  <i>Cal 470 Sod 255 Sugar 66</i>	12 Chocolate Slice (2wg) <b>43</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>  <i>Cal 470 Sod 255 Sugar 66</i>	13 Straw Pull Apart Bagel (2wg) <b>42</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b> <i>Cal 445 Sod 330 Sugar 47</i>
16 Poptart (1.25wg) <b>38</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>  <i>Cal 480 Sod 330 Sugar 66</i>	17 Super Breakfast Ring <b>29</b> Craisins (1/2c) <b>34</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>  <i>Cal 430 Sod 195 Sugar 31</i>	18 Cinnamon Bun (2wg) <b>34</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>  <i>Cal 470 Sod 255 Sugar 66</i>	19 Pumpkin Slice (2wg) <b>43</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>  <i>Cal 470 Sod 255 Sugar 66</i>	20 Cinnamon Puff Pastry (2wg) <b>41</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b> <i>Cal 475 Sod 430 Sugar 49</i>
23 Cereal Bar (1wg) <b>30</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>  <i>Cal 450 Sod 255 Sugar 58</i>	24 Corn Muffin (2wg) <b>36</b> Apple Chips (1/2c) <b>10</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>  <i>Cal 445 Sod 330 Sugar 47</i>	25 Cinnamon Bun (2wg) <b>34</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>  <i>Cal 470 Sod 255 Sugar 66</i>	26 Berry Muffin Top (1wg) <b>26</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>  <i>Cal 485 Sod 280 Sugar 56</i>	27 Berry Oatmeal Bar (2wg) <b>30</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>  <i>Cal 495 Sod 255 Sugar 66</i>
30 Poptart (1.25wg) <b>38</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>  <i>Cal 480 Sod 330 Sugar 66</i>	31 Super Breakfast Ring <b>29</b> Craisins (1/2c) <b>34</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>  <i>Cal 430 Sod 195 Sugar 31</i>			<i>Carbs listed for each item in blue font</i>

NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

**"this institution is an equal opportunity provider"**

The U.S Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov).

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.