

# October Breakfast

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>7</b> <b>Ages 1-2</b> <b>Grain 1/2 oz</b> <b>Veg/Fruit 1/4 cup</b> <b>Milk 1/2 cup</b>		<b>1</b> <b>WW Cinnamon Toast</b> <b>Bananas</b>	<b>2</b> <b>Blueberry Muffin</b> <b>Mandarins</b>	<b>3</b> <b>WG Pancakes</b> <b>Fruit Cocktail</b>	<b>4</b> <b>Corn Flakes</b> <b>Cereal</b> <b>Apple Sauce</b>	<b>5</b>
<b>14</b> <b>Ages 3-5</b> <b>Grain 1/2 oz</b> <b>Veg/Fruit 1/2 cup</b> <b>Milk 3/4 cup</b>	<b>8</b> <b>WG Cheerios</b> <b>Cereal</b> <b>Apple Sauce</b>	<b>9</b> <b>Oatmeal</b> <b>Bananas</b>	<b>10</b> <b>WW Bagels W/ Cream</b> <b>Orange Slices</b>	<b>11</b> <b>WG Waffles</b> <b>Apple Slices</b>	<b>12</b> <b>Rice Krispies</b> <b>Apple Sauce</b>	
<b>21</b> <b>Ages 6-12</b> <b>Grain 1 oz</b> <b>Veg/Fruit 1/2 cup</b> <b>Milk 1 cup</b>	<b>14</b> <b>Corn Flakes</b> <b>Cereal</b> <b>Apple Sauce</b>	<b>15</b> <b>Blueberry Muffin</b> <b>Mandarins</b>	<b>16</b> <b>WW Cinnamon Toast</b> <b>Bananas</b>	<b>17</b> <b>Biscuits W/Butter Jelly</b> <b>Orange Slices</b>	<b>18</b> <b>Rice Krispies</b> <b>Cereal</b> <b>Apple Sauce</b>	<b>19</b>
<b>28</b> <b>*Whole, unflavored milk is served to children one year of age.</b>	<b>21</b> <b>WG Cheerios</b> <b>Apple Sauce</b>	<b>22</b> <b>Oatmeal</b> <b>Bananas</b>	<b>23</b> <b>Waffles</b> <b>Apple Slices</b>	<b>24</b> <b>WW Bagels W/ Cream</b> <b>Orange Slices</b>	<b>25</b> <b>Corn Flakes</b> <b>Cereal</b> <b>Apple Sauce</b>	<b>26</b>
<b>*1% unflavored milk is served to all children two years of age and older.</b>	<b>28</b> <b>Rice Krispies</b> <b>Cereal</b> <b>Apple Sauce</b>	<b>29</b> <b>Biscuits W/Butter Jelly</b> <b>Orange Slices</b>	<b>30</b> <b>WG Pancakes</b> <b>Mandarins</b>	<b>31</b> <b>WW Cinnamon Toast</b> <b>Bananas</b>		