

MON	TUE	WED	THU	FRI
2 Cereal Cheez It's Applesauce Juice and Milk	3 Yogurt Graham Crackers Mixed Fruit Juice and Cereal	4 Pancakes with Syrup Pears Juice	5 Glazed Donut String Cheese Mandarin Oranges Juice and Milk	6 NO SCHOOL Teachers Institute
9 NO SCHOOL Columbus Day	10 Poptart String Cheese Pears Juice and Milk	11 Waffles with Syrup Mixed Fruit Juice and Milk	12 Apple Frudel Apple Sauce Juice and Milk	13 Biscuits with Gravy Peaches Juice and Milk
16 Cereal Cheez It's Applesauce Juice and Milk	17 Strawberry Nutri Grain Bar String Cheese Mixed Fruit Juice and Milk	18 French Toast with Syrup Mandarin Oranges Juice and Milk	19 Glazed Donut String Cheese Pineapple Juice and Milk	20 NO SCHOOL P/T Conferences
23 Cereal Bar String Cheese Mixed Fruit Juice and Milk	24 Apple Frudel Peaches Juice and Milk	25 Sausage and Cheese Biscuit Sandwich Pineapple Juice and Milk	26 Yogurt String Cheese Applesauce Juice and Milk	27 Biscuits with Gravy Pears Juice and Milk
30 Yogurt String Cheese Mandarin Oranges Juice and Milk	31 Glazed Donut String Cheese Applesauce Juice and Milk			

OCTOBER 2023 ALLEN BREAKFAST

19 days

