

# OCTOBER 2023 LJSH BREAKFAST

19 days

MON	TUE	WED	THU	FRI
2 Poptart Cheese Stick Mixed Fruit	3 Cereal Cheese Stick Peaches	4 Cinnamon Frudel Stick Yogurt Mixed Fruit	5 Waffle with Syrup Mandarin Oranges	6 NO SCHOOL Teachers Institute
9 NO SCHOOL Columbus Day	10 Cereal Cheese Stick Fruit Cup	11 Apple Frudel Stick Yogurt Fruit Cup	12 Waffle with Syrup Mandarin Oranges	13 Cheese Omelet Muffin Pears
16 Poptart Cheese Stick Mixed Fruit	17 Cereal Cheese Stick Fruit Cup	18 Cinnamon Frudel Stick Yogurt Mandarin Oranges	19 Waffle with Syrup Pears	20 NO SCHOOL P/T Conferences
23 Nutri Grain Bar Cheese Stick Peaches	24 Cereal Cheese Stick Fruit Cup	25 Apple Frudel Stick Yogurt Mandarin Oranges	26 Waffle with Syrup Pears	27 Cheese Omelet Muffin Apple Sauce
30 Poptart Cheese Stick Mixed Fruit	31 Cereal Cheese Stick Pears			All Breakfast Meals served with 1/2 pt of Juice and Milk