October 2016 WAKE UP! with School Breakfast - A GREAT way to start your day!

Week of 10/3	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Choose 1 or 2 different items	Animal Crackers Cheese Stick/yogurt Assorted Cereals	Betty Crocker Oatmeal Bar Cheese Stick / yogurt Assorted Cereals	Disney's Frozen Grahams Cheese Stick / yogurt Assorted Cereals	Warm Mini Loaf Cheese Stick / yogurt Assorted Cereals	Breakfast Assortment Cheese Stick / yogurt Assorted Cereals
Choose Fruit or Juice or Both*	Daily options include: 100% Assorted Juice Cup + Fresh Apple, Apple Slices, Banana, Fruit Cups, Raisin Box Grab one if you like! Choose from variety of low fat milk options				
Got Milk?					

Week of 10/10	<u>Monday</u>	Tuesday	Wednesday	Thursday	<u>Friday</u>
Choose 1 or 2 different items	Cheez-Its Cheese Stick /yogurt Assorted Cereals	Chortles Mini Grahams Cheese Stick / yogurt Assorted Cereals	Kellogg's Cereal Bar Cheese Stick / yogurt Assorted Cereals	Mini Pancakes or Waffles Cheese Stick / yogurt	Breakfast Assortment Cheese Stick / yogurt Assorted Cereals
Choose Fruit or Juice or Both*	100% Assorted Juice Cup + Fresh Apple, Apple Slices, Banana, Fruit Cups, Raisin Box **h**				
Got Milk?					

<u>Week of 10/17</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Choose 1 or 2 different items	Asst. Pop Tarts Cheese Stick /yogurt Assorted Cereals	Bug Bites Grahams Cheese Stick / yogurt Assorted Cereals	Cocoa Krispies Granola Bar Cheese Stick / yogurt Assorted Cereals	Warm Chocolate Donut Cheese Stick / yogurt Assorted Cereals	Breakfast Assortment Cheese Stick / yogurt Assorted Cereals
Choose Fruit or Juice or Both*	Daily options include: 100% Assorted Juice Cup + Fresh Apple, Apple Slices, Banana, Fruit Cups, Raisin Box				
Got Milk?	Grab one if you like! Choose from variety of low fat milk options				

Week of 10/24	<u>Monday</u>	<u>Tuesday</u>	Wednesday	<u>Thursday</u>	<u>Friday</u>
Choose 1 or 2 different items	Oatmeal Cereal Bar Cheese Stick /yogurt Assorted Cereals	Scooby Grahams Cheese Stick / yogurt Assorted Cereals	Nature Valley Crisps Cheese Stick / yogurt Assorted Cereals	Warm Muffin Cheese Stick / yogurt Assorted Cereals	Breakfast Assortment Cheese Stick / yogurt Assorted Cereals
Choose Fruit or Juice or Both*	Daily options include: 100% Assorted Juice Cup + Fresh Apple, Apple Slices, Banana, Fruit Cups, Raisin Box				
Got Milk?	Milk? Grab one if you like! Choose from variety of low fat milk options				

- ★ Breakfast is available every day for all students. When elementary bus drivers announce "Breakfast Time", students exit the bus and go to the cafeteria for breakfast.
- \bigstar Requirements for a School Breakfast: Students must take a minimum of 3 items of the 5 offered.
 - *One item must be fruit or juice.
- ★ All grain items / cereals are Whole Grain Rich

*	Reduced Price \$.25 / Full Price \$1.00 set up at myschoolbucks.com	Pre-Paid accounts help us to better serve the children.	Online accounts can be