

# OCTOBER | 2022

## NSLP Breakfast Menu



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<p><b>3</b> Cheerios ½ Cup <b>WG</b> Cereal 4 oz. Juice / Alt. Fruit ½ Cup Banana 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p><b>4</b> 2 oz. <b>WG</b> Waffles ½ Cup Orange 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p><b>5</b> 1.5 oz. <b>WG</b> Breakfast Pizza 1 oz. <b>M/MA</b> ½ Cup Applesauce 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p><b>6</b> 2 oz. <b>HM</b> Cheesy Eggs 4oz Breakfast Potato ½ Cup Pineapple 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p><b>7</b> 2 oz. <b>HM WG</b> Blueberry Breakfast Round ½ Cup Apricots 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>
<p><b>10</b> Cinnamon Toast Crunch ½ Cup <b>WG</b> Cereal ½ Cup Banana 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p><b>11</b> 2 oz. <b>WG</b> English Muffin 4oz Breakfast Potato ½ Cup Orange 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p><b>12</b> 1 oz. <b>WG</b> Breakfast Taco 1 oz. <b>M/MA</b> ½ Cup Applesauce 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p><b>13</b> <b>HM</b> Veggie Frittata 2 oz <b>M/MA</b> ½ Cup Pineapple 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p><b>14</b> 2 oz. <b>HM WG</b> Cinnamon Breakfast Round ½ Cup Apricots 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>
<p><b>17</b> Cheerios ½ Cup <b>WG</b> Cereal 4 oz. Juice / Alt. Fruit ½ Cup Banana 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p><b>18</b> 2 oz. <b>WG</b> Waffles ½ Cup Orange 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p><b>19</b> 1.5 oz. <b>WG</b> Breakfast Pizza 1 oz. <b>M/MA</b> ½ Cup Applesauce 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p><b>20</b> 2 oz. <b>HM</b> Cheesy Eggs 4oz Breakfast Potato ½ Cup Pineapple 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p><b>21</b> 2 oz. <b>HM WG</b> Blueberry Breakfast Round ½ Cup Apricots 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>
<p><b>24</b> Cinnamon Toast Crunch ½ Cup <b>WG</b> Cereal ½ Cup Banana 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p><b>25</b> 2 oz. <b>WG</b> English Muffin 4oz Breakfast Potato ½ Cup Orange 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p><b>26</b> 1 oz. <b>WG</b> Breakfast Taco 1 oz. <b>M/MA</b> ½ Cup Applesauce 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p><b>27</b> <b>HM</b> Veggie Frittata 2 oz <b>M/MA</b> ½ Cup Pineapple 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p><b>28</b> 2 oz. <b>HM WG</b> Cinnamon Breakfast Round ½ Cup Apricots 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>
<p><b>31</b> Cheerios ½ Cup <b>WG</b> Cereal 4 oz. Juice / Alt. Fruit ½ Cup Banana 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p><b>1</b> 2 oz. <b>WG</b> Waffles ½ Cup Orange 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p><b>2</b> 1.5 oz. <b>WG</b> Breakfast Pizza 1 oz. <b>M/MA</b> ½ Cup Applesauce 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p><b>3</b> 2 oz. <b>HM</b> Cheesy Eggs 4oz Breakfast Potato ½ Cup Pineapple 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p><b>4</b> 2 oz. <b>HM WG</b> Blueberry Breakfast Round ½ Cup Apricots 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>

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1% white milk offered. Nutrient content and ingredients are available upon request. No Pork or nut products offered.