

OCTOBER | 2024

NSLP Breakfast Menu



MONDAY

3 2 oz. **WG** Blueberry Pop-tart
 ½ Cup Oranges
 4 oz. Juice / Alt. Fruit Bar
 8 oz. Milk
 *Daily selection of fresh fruit,
 yogurt and granola

7 2 oz. **WG** Cinnamon Pop-Tart
 ½ Cup Oranges
 4 oz. Juice / Alt. Fruit Bar
 8 oz. Milk
 *Daily selection of fresh fruit,
 yogurt and granola

14 2 oz. **WG** Blueberry Pop-tart
 ½ Cup Oranges
 4 oz. Juice / Alt. Fruit Bar
 8 oz. Milk
 *Daily selection of fresh fruit,
 yogurt and granola

21 2 oz. **WG** Cinnamon Pop-Tart
 ½ Cup Oranges
 4 oz. Juice / Alt. Fruit Bar
 8 oz. Milk
 *Daily selection of fresh fruit,
 yogurt and granola

28 2 oz. **WG** Blueberry Pop-tart
 ½ Cup Oranges
 4 oz. Juice / Alt. Fruit Bar
 8 oz. Milk
 *Daily selection of fresh fruit,
 yogurt and granola

TUESDAY

1 2 oz. **WG** Pancake
 ½ Cup Spiced Apples
 4 oz. Juice / Alt. Fruit Bar
 8 oz. Milk
 *Daily selection of fresh fruit,
 yogurt and granola

8 Egg and Cheese English Muffin
 (2 oz. **WG**, 2 oz. **M/MA**)
 ½ Cup Spiced Apples
 4 oz. Juice / Alt. Fruit Bar
 8 oz. Milk
 *Daily selection of fresh fruit,
 yogurt and granola

15 2 oz. **WG** Pancake
 ½ Cup Spiced Apples
 4 oz. Juice / Alt. Fruit Bar
 8 oz. Milk
 *Daily selection of fresh fruit,
 yogurt and granola

22 Egg and Cheese English Muffin
 (2 oz. **WG**, 2 oz. **M/MA**)
 ½ Cup Spiced Apples
 4 oz. Juice / Alt. Fruit Bar
 8 oz. Milk
 *Daily selection of fresh fruit,
 yogurt and granola

29 2 oz. **WG** Pancake
 ½ Cup Spiced Apples
 4 oz. Juice / Alt. Fruit Bar
 8 oz. Milk
 *Daily selection of fresh fruit,
 yogurt and granola

WEDNESDAY

2 1.5 oz. **WG** Breakfast Pizza
 1 oz. **M/MA**
 ½ Cup Grapes
 4 oz. Juice / Alt. Fruit Bar
 8 oz. Milk
 *Daily selection of fresh fruit,
 yogurt and granola

9 2. oz. Cheese Omelet
 2 oz. **M/MA**
 2.oz **WG** Biscuit
 ½ Cup Grapes
 4 oz. Juice / Alt. Fruit Bar
 8 oz. Milk
 *Daily selection of fresh fruit,
 yogurt and granola

16 1.5 oz. **WG** Breakfast Pizza
 1 oz. **M/MA**
 ½ Cup Grapes
 4 oz. Juice / Alt. Fruit Bar
 8 oz. Milk
 *Daily selection of fresh fruit,
 yogurt and granola

23 2. oz. Cheese Omelet
 2 oz. **M/MA**
 2.oz **WG** Biscuit
 ½ Cup Grapes
 4 oz. Juice / Alt. Fruit Bar
 8 oz. Milk
 *Daily selection of fresh fruit,
 yogurt and granola

30 1.5 oz. **WG** Breakfast Pizza
 1 oz. **M/MA**
 ½ Cup Grapes
 4 oz. Juice / Alt. Fruit Bar
 8 oz. Milk
 *Daily selection of fresh fruit,
 yogurt and granola

THURSDAY

3 2 oz. **HM** Cheesy Eggs
 2 oz. **WG** English Muffin
 ½ Cup Pineapple
 4 oz. Juice / Alt. Fruit Bar
 8 oz. Milk
 *Daily selection of fresh fruit,
 yogurt and granola

10 **HM** Veggie Frittata
 2 oz. **M/MA**
 2 oz. **WG** English Muffin
 ½ Cup Pineapple
 4 oz. Juice / Alt. Fruit Bar
 8 oz. Milk
 *Daily selection of fresh fruit,
 yogurt and granola

17 2 oz. **HM** Cheesy Eggs
 2 oz. **WG** English Muffin
 ½ Cup Pineapple
 4 oz. Juice / Alt. Fruit Bar
 8 oz. Milk
 *Daily selection of fresh fruit,
 yogurt and granola

24 **HM** Veggie Frittata
 2 oz. **M/MA**
 2 oz. **WG** English Muffin
 ½ Cup Pineapple
 4 oz. Juice / Alt. Fruit Bar
 8 oz. Milk
 *Daily selection of fresh fruit,
 yogurt and granola

31 2 oz. **HM** Cheesy Eggs
 2 oz. **WG** English Muffin
 ½ Cup Pineapple
 4 oz. Juice / Alt. Fruit Bar
 8 oz. Milk
 *Daily selection of fresh fruit,
 yogurt and granola

FRIDAY

4 Cheerios
 1 Cup **WG** Cereal
 ½ Cup Banana
 4 oz. Juice / Alt. Fruit Bar
 8 oz. Milk
 *Daily selection of fresh fruit,
 yogurt and granola

11 Cinnamon Chex
 1 Cup **WG** Cereal
 ½ Cup Banana
 4 oz. Juice / Alt. Fruit Bar
 8 oz. Milk
 *Daily selection of fresh fruit,
 yogurt and granola

18 Cheerios
 1 Cup **WG** Cereal
 ½ Cup Banana
 4 oz. Juice / Alt. Fruit Bar
 8 oz. Milk
 *Daily selection of fresh fruit,
 yogurt and granola

25 Cinnamon Chex
 1 Cup **WG** Cereal
 ½ Cup Banana
 4 oz. Juice / Alt. Fruit Bar
 8 oz. Milk
 *Daily selection of fresh fruit,
 yogurt and granola

Cheerios
 1 Cup **WG** Cereal
 ½ Cup Banana
 4 oz. Juice / Alt. Fruit Bar
 8 oz. Milk
 *Daily selection of fresh fruit,
 yogurt and granola

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation.



*1% white milk Fat Free chocolate milk offered. Nutrient content and ingredients are available upon request. No pork or nut products offered."