




# Milton Nutrition Team

## K-12 Breakfast Menu

### October 2016

Monday	Tuesday	Wednesday	Thursday	Friday
3 Assorted Cereal Bowl Cheese Stick Applesauce Cup 100% Fruit Juice	4 Mini Cinnis Applesauce Cup 100% Fruit Juice	5 Whole Grain Bagel Yogurt Cup Fruit Cup 100% Fruit Juice	6 Bug Bites Cereal Bowl Applesauce Cup 100% Fruit Juice	7 
10 Scooby Doo Grahams Yogurt Cup Applesauce Cup 100% Fruit Juice	11 Cinnamon Toast Crisps Peanut-Free Apple Bar Applesauce Cup 100% Fruit Juice	12 Banana or Zucchini Bread Slice Applesauce Cup 100% Fruit Juice	13 Benefit Bar Applesauce Cup 100% Fruit Juice	14 Assorted Cereal Bowls Yogurt Cup Applesauce Cup 100% Fruit Juice
17 Scooby Doo Grahams Cheese Stick Fruit Cup 100% Fruit Juice	18 Apple or Cherry Frudel Fruit Cup 100% Fruit Juice	19 Cinnamon Bun Applesauce Cup 100% Fruit Juice	20 	21 
24 Whole Grain Bagel Yogurt Cup Fruit Cup 100% Fruit Juice	25 Assorted Cereal Bowls Yogurt Cup Applesauce Cup 100% Fruit Juice	26 Ultimate Breakfast Round Applesauce Cup 100% Fruit Juice	27 Cinnamon Toast Crisps String Cheese Applesauce Cup 100% Fruit Juice	28 Small Muffin Yogurt Cup Banana 100% Fruit Juice
31 Assorted Cereal Bowl Cheese Stick Applesauce Cup 100% Fruit Juice	