






Milton Nutrition Team

K-12 Breakfast Menu

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 Assorted Cereal Bowl Cheese Stick Applesauce Cup 100% Fruit Juice	2 Mini Cinnis Applesauce Cup 100% Fruit Juice	3 Whole Grain Bagel Yogurt Cup Craisins 100% Fruit Juice	4 Bug Bites Cereal Bowl Applesauce Cup 100% Fruit Juice	5 Scooby Doo Grahams Cheese Stick Craisins 100% Fruit Juice
8 	9 Cinnamon Toast Crisps Peanut-Free Apple Bar Craisins 100% Fruit Juice	10 Banana or Zucchini Bread Slice Applesauce Cup 100% Fruit Juice	11 Benefit Bar Applesauce Cup 100% Fruit Juice	12 Assorted Cereal Bowls Yogurt Cup Craisins 100% Fruit Juice
15 Scooby Doo Grahams Cheese Stick Craisins 100% Fruit Juice	16 Apple or Cherry Frudel Applesauce 100% Fruit Juice	17 Cinnamon Bun Applesauce Cup 100% Fruit Juice	18 Cinnamon Toast Crisps String Cheese Craisins 100% Fruit Juice	19 Small Muffin Yogurt Cup Banana 100% Fruit Juice
22 Whole Grain Bagel Yogurt Cup Fruit Cup 100% Fruit Juice	23 Assorted Cereal Bowls Cheese Stick Applesauce Cup 100% Fruit Juice	24 Ultimate Breakfast Round Applesauce Cup 100% Fruit Juice	25 	26 
29 Assorted Cereal Bowl Cheese Stick Applesauce Cup 100% Fruit Juice	30 Benefit Bar Applesauce Cup 100% Fruit Juice	31 Mini Cinnis Craisins 100% Fruit Juice		

Low-Fat or Fat-Free 8 oz Milk varieties offered daily with meal

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