




# Milton Nutrition Team

## K-12 Breakfast Menu

### October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>School Breakfast provides daily servings of fruit, whole grains, and milk.</p>	<p style="text-align: right;">1</p> <p>Banana Bread Slice Craisins 100% Fruit Juice</p>	<p style="text-align: right;">2</p> <p>Whole Grain Doughnut Applesauce 100% Fruit Juice</p>	<p style="text-align: right;">3</p> <p>Scooby Doo Grahams Yogurt Bananas 100% Fruit Juice</p>	<p style="text-align: right;">4</p> <p>Assorted Benefit Bars Craisins 100% Fruit Juice</p>
<p style="text-align: right;">7</p> 	<p style="text-align: right;">8</p> <p>Whole Grain Bagel w/cream cheese Craisins 100% Fruit Juice</p>	<p style="text-align: right;">9</p> <p>Mini Cinnis Applesauce Cup 100% Fruit Juice</p>	<p style="text-align: right;">10</p> <p>Giant Gold Fish Crackers Yogurt Fresh Grapes 100% Fruit Juice</p>	<p style="text-align: right;">11</p> <p>Whole Grain Cinnamon Roll Craisins 100% Fruit Juice</p>
<p style="text-align: right;">14</p> <p>Cinnamon Toast Crisps Yogurt Applesauce 100% Fruit Juice</p>	<p style="text-align: right;">15</p> <p>Assorted Benefit Bars Craisins 100% Fruit Juice</p>	<p style="text-align: right;">16</p> <p>Assorted Small Muffins String Cheese Applesauce Cup 100% Fruit Juice</p>	<p style="text-align: right;">17</p> <p>Ultimate Breakfast Round Bananas 100% Fruit Juice</p>	<p style="text-align: right;">18</p> <p>Assorted Cereal Bars Yogurt Cup Craisins 100% Fruit Juice</p>
<p style="text-align: right;">21</p> <p>Banana Bread Slice Fruit Cup 100% Fruit Juice</p> <p style="text-align: center;"><b>Breakfast with the Principal Day at Harmony</b></p> <p>Warm Cinnamon Rolls Fresh Sliced Apples 100% Fruit Juice</p>	<p style="text-align: right;">22</p> <p>Scooby Doo Grahams String Cheese Craisins 100% Fruit Juice</p>	<p style="text-align: right;">23</p> <p>Mini Cinnis Applesauce 100% Fruit Juice</p>	<p style="text-align: right;">24</p> <p style="text-align: center;"><b>Breakfast with the Principal Day all Schools except Harmony</b></p> <p>Warm Cinnamon Rolls Fresh Sliced Apples 100% Fruit Juice</p>	<p style="text-align: right;">25</p> 
<p style="text-align: right;">28</p> <p>Cherry Frudel Applesauce Cup 100% Fruit Juice</p>	<p style="text-align: right;">29</p> <p>Giant Gold Fish Crackers Yogurt Craisins 100% Fruit Juice</p>	<p style="text-align: right;">30</p> <p>Assorted Benefit Bars Fruit Cup 100% Fruit Juice</p>	<p style="text-align: right;">31</p> <p>Cinnamon Toast Crisps String Cheese Bananas 100% Fruit Juice</p>	

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

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