



# October Breakfast Menu 2019

## Burke Basic School



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Apple Frudel Fresh Apple Fresh Orange Wedges  Choice of Milk	2 Lucky Charms Cereal Cheez Its Fresh Orange Wedges Fresh Apple Choice of Milk	3 Banana Muffin Cocoa Puffs Cereal Applesauce Cup Fresh Orange Wedges Choice of Milk	4 Half Day Mini Pancakes 100% Fruit Juice Fresh Apple  Choice of Milk
7  Fall Break No School	8  Fall Break No School	9  Fall Break No School	10  Fall Break No School	11  Fall Break No School
14 Cinnamon Toast Crunch Cereal Apple Nutrigrain Bar 100% Fruit Juice Fresh Apple Choice of Milk	15 Apple Frudel Fresh Apple Fresh Orange Wedges  Choice of Milk	16 Fruity Cheerios Cereal Vanilla Goldfish Crackers Fresh Orange Wedges Fresh Apple Choice of Milk	17 Blueberry Loaf Golden Grahams Cereal Applesauce Cup Fresh Orange Wedges Choice of Milk	18 Mini Pancakes 100% Fruit Juice Fresh Apple  Choice of Milk
21 Apple Frudel 100% Fruit Juice Fresh Apple  Choice of Milk	22 Lowfat Yogurt Chocolate Elf Grahams Fresh Apple Fresh Orange Wedges Choice of Milk	23 Lucky Charms Cereal Mozzarella String Cheese Fresh Orange Wedges Fresh Apple Choice of Milk	24 Honeybun Applesauce Cup Fresh Orange Wedges  Choice of Milk	25 Half Day Mini Waffles 100% Fruit Juice Fresh Apple  Choice of Milk
28 Trix Cereal Apple Nutrigrain Bar 100% Fruit Juice Fresh Apple Choice of Milk	29 Cinnamon Toast Crunch Soft Bar Animal Crackers Fresh Apple Fresh Orange Wedges Choice of Milk	30 Apple Frudel Fresh Orange Wedges Fresh Apple  Choice of Milk	31 Banana Muffin Multigrain Frosted Flakes Cereal Applesauce Cup Fresh Orange Wedges Choice of Milk	

Drinking Water is made available to youth at all times at drinking fountains located in this facility  
 \*\*Fresh Fruits & Vegetable selections subject to change based on quality, seasonality, and availability.  
 \*\*\*All meals are served with 1% White Milk or Skim Chocolate Milk  
 This Institution is an equal opportunity provider