



October 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
CHOICE OF	JUICE & MILK	1 Cinnamon Toast Cereal Fruit	2 French Toast Stix Cereal Fruit	3 Bagel/Cream Cheese Cereal Fruit	4 Donut w/Glaze Cereal Fruit	5
6	7 Waffle/Syrup Cereal Fruit	8 Egg Biscuit Cereal Fruit	9 Pancake Wraps Cereal Fruit	10 Yogurt Muffin Cereal Fruit	11 Biscuits/Gravy Sausage Cereal Fruit	12
13	14 NO SCHOOL COLUMBUS DAY	15 Sausage Biscuit Cereal Fruit	16 French Toast Stix Cereal Fruit	17 Cinnamon Toast Cereal Fruit	18 Pancakes/Syrup Cereal Fruit	19
20	21 Pancake Wrap Cereal Fruit	22 Yogurt Muffin Cereal	23 Bagel/Cream Cheese Cereal Fruit	24 NO SCHOOL PARENT TEACHER CONFERENCES	25 NO SCHOOL MT. VERNON TEACHER CONFERENCE	26
27	28 Breakfast Pizza Cereal Fruit	29 Egg Biscuit Cereal Fruit	30 French Toast Stix Cereal Fruit	31 Bagel/Cream Cheese Cereal Fruit 		