

East Shore Leadership Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
	Bag Breakfast Golden Grahams Cereal Animal Grahams Craisins 100% Juice 1% White Milk or 1% Chocolate Milk	Bag Breakfast Apple Nutrigrain Bar Vanilla Goldfish Pineapple Cup 100% Juice 1% White Milk or 1% Chocolate Milk	Bag Breakfast Double Chocolate Chip Muffin Vanilla Goldfish Craisins 100% Juice 1% White Milk or 1% Chocolate Milk	
	1	2	3	4
Bag Breakfast Blueberry Chex Cereal Animal Grahams Craisins 100% Juice 1% White Milk or 1% Chocolate Milk	Bag Breakfast Golden Grahams Bar Vanilla Goldfish 100% Juice Fruit Cup 1% White Milk or 1% Chocolate Milk	Bag Breakfast WG Bagel with Cream Cheese Fresh Apple 100% Juice 1% White Milk or 1% Chocolate Milk	Bag Breakfast Trix Cereal Bar Animal Grahams Mandarin Orange Cup 100% Juice 1% White Milk or 1% Chocolate Milk	Bag Breakfast Apple Roll Craisins 100% Juice 1% White Milk or 1% Chocolate Milk
7	8	9	10	11
Bag Breakfast Cocoa Puffs Cereal Bar Animal Grahams Mixed Fruit Cup 100% Juice 1% White Milk or 1% Chocolate Milk	Bag Breakfast Cinnamon Toast Crunch Cereal Vanilla Goldfish Craisins 100% Juice 1% White Milk or 1% Chocolate Milk	Bag Breakfast WG Bagel with Cream Cheese Fresh Apple 100% Juice 1% White Milk or 1% Chocolate Milk	Bag Breakfast Strawberry Nutrigrain Bar Vanilla Goldfish Pineapple Cup 100% Juice 1% White Milk or 1% Chocolate Milk	Bag Breakfast WG Goody Bun Fresh Apple 100% Juice 1% White Milk or 1% Chocolate Milk
14	15	16	17	18
Bag Breakfast Raisin Bran Cereal WG Animal Grahams Diced Peach cup 100% Juice 1% White Milk or 1% Chocolate Milk	Bag Breakfast WG Banana Muffin Mini Vanilla Goldfish Craisins 100% Juice 1% White Milk or 1% Chocolate Milk	Bag Breakfast WG Bagel with Cream Cheese Fresh Apple 100% Juice 1% White Milk or 1% Chocolate Milk	Bag Breakfast Frosted Flakes Vanilla Goldfish Craisins 100% Juice 1% White Milk or 1% Chocolate Milk	Bag Breakfast WG Cinnamon Bun Mixed Fruit Cup 100% Juice 1% White Milk or 1% Chocolate Milk
21	22	23	24	25
Bag Breakfast Blueberry Nutrigrain Bar Vanilla Goldfish Diced Pear Cup 100% Juice 1% White Milk or 1% Chocolate Milk	Bag Breakfast Blueberry Chex Cereal Animal Grahams Craisins 100% Juice 1% White Milk or 1% Chocolate Milk	Bag Breakfast Cinnamon Goldfish Cracker Fresh Apple 100% Juice Dannon Nonfat Creamy Yogurt 1% White Milk or 1% Chocolate Milk	Bag Breakfast WG Blueberry Muffin Animal Grahams Craisins 100% Juice 1% White Milk or 1% Chocolate Milk	
28	29	30	31 Happy Halloween!	



Thought for Thought

Tips & Information

Halloween Fun Facts:

- 1) The holiday has been around for about 6000 years and it is believed to have originated around 4000 B.C. in Ireland.
- 2) Americans spend about \$6.9 billion on Halloween – most of it for candy, costumes and parties
- 3) Pumpkins are a fruit, not a vegetable
- 4) Candy corn was originally named "chicken feed"

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"or." = An alternative selection to choose. "WG"=Whole Grain
1% White & 1%Chocolate Milk available daily.



Menu Subject to Change